CookingLight®

NUTRITION INFO FOR EVERY RECIPE

Global Flavors

77 SIGNATURE DISHES FROM AROUND THE WORLD

MISO CHICKEN

EASY ONE-DISH MEALS

HERB & SPICE GUIDES

+ HEALTHY HABITS FOR YOUR GUT

VOLUME 38, ISSUE 2
SUMMER 2025

ReynoldsBrands.com/RoastedVegetablesWithFeta

EASY
PREP

EASY
COOK

EASY
CLEAN

© 2025 Reynolds Consumer Products, LLC.

CONTENTS

COOKING LIGHT GLOBAL FLAVORS

4 What Healthy Means Now

6 Habits for a Healthy Gut

8 Global Food Superstitions

10 3 Ways to Use Aleppo Pepper

12 **East Asia & India**
Combine contrasting flavors and textures to make colorful meals that will excite the palate.

28 **Southeast Asia**
From Thailand and Vietnam to Malaysia and Indonesia, these dishes with vibrant ingredients pair in dynamic ways.

42 **Middle East & Africa**
Engulf your senses with the aromatic herbs and fiery spices of a North African or Middle Eastern bazaar.

54 **Europe**
Honor the diverse landscapes and customs of the continent with distinctive dishes that showcase regional ingredients.

72 **North & Central America**
Celebrate the vibrancy of recipes that feature native flavors as well as a fusion of cultures.

84 **South America**
Explore the treasures of ingredients and dishes that reflect a rich blend of diverse culinary traditions.

96 **Recipe Index**

CookingLight®

Global Flavors

SENIOR FOOD EDITOR
Anne C. Cain, MPH, MS, RDN

DESIGN DIRECTOR
Tempy Segrest

PHOTOGRAPHY DIRECTOR
Paden Reich

ART DIRECTOR
Emily Johnson

OPERATIONS EDITOR
Diane Rose Keener

CONTRIBUTING COPY EDITOR
Jacqueline Giovanelli

CONTRIBUTING PROOFREADER
Susan Roberts McWilliams

PHOTOGRAPHERS
Greg DuPree, Morgan Hunt Glaze

FOOD STYLISTS
Emily Nabors Hall, Julian Hensarling, Jennifer Wendorf, Chelsea Zimmer

PROP STYLISTS
Julia Bayless, Christina Daley, Claire Spollen

EDITORIAL OPERATIONS SPECIALIST
Sandra Johnson

ADVERTISING & BUSINESS DEVELOPMENT

VICE PRESIDENT & HEAD OF SALES, LIFESTYLE
Tiffany Ehasz
tiffany.ehasz@dotdashmdp.com

EXECUTIVE DIRECTOR & FOOD AND BEVERAGE LEAD
David Ginsberg
david.ginsberg@dotdashmdp.com

PREMIUM PUBLISHING EDITORIAL ADMINISTRATION

COPY CHIEF
Erika Bjorklund

SENIOR MANAGER, EDITORIAL OPERATIONS
Holly Pruett

ASSISTANT EDITORIAL BUSINESS MANAGER
Gabrielle Renslow

PHOTOGRAPHY COORDINATOR
Jake Roudabush

VICE PRESIDENT, CONTENT STUDIOS
Allison Long Lowery

DIRECTOR, TEST KITCHEN
Lynn Blanchard

PREMIUM PUBLISHING

VICE PRESIDENT & GENERAL MANAGER
Jeremy Biloon

VICE PRESIDENT & EDITOR IN CHIEF
Jill Waage

VICE PRESIDENT, EDITORIAL OPERATIONS & FINANCE Greg Kayko

EXECUTIVE DIRECTOR, BUSINESS DEVELOPMENT & PARTNERSHIPS
Megan Pearlman

ASSOCIATE DIRECTOR, BUSINESS DEVELOPMENT & PARTNERSHIPS
Nina Reed

SENIOR DIRECTOR, BRAND MARKETING
Jean Kennedy

ASSOCIATE DIRECTOR, BRAND MARKETING
Katherine Barnet

SENIOR BRAND MANAGER
Geoffrey Wohlgamuth

BRAND MANAGER
Mia Rinaldi

ASSOCIATE BRAND MANAGER
Gabby Amello

CONSUMER MARKETING MANAGER
Lynn Bolinger

BUSINESS DIRECTOR
Jenna Bates

SENIOR BUSINESS MANAGER
Lisa Carlson

SENIOR DIRECTOR, PRINT PREMEDIA SERVICES
Dale Tunender

SENIOR DIRECTOR, QUALITY
Joseph Kohler

PREMEDIA TRAFFICKING SUPERVISOR
Sophia Mozena

PREMEDIA IMAGING SPECIALIST
David Swain

PREMEDIA COLOR QUALITY ANALYST
Sarah Schroeder

PRODUCTION DIRECTOR
Patrick McGowan

PRODUCTION MANAGER
Trevi Jones

DOTDASH MEREDITH

PRESIDENT, LIFESTYLE
Alysia Borsa

SENIOR VICE PRESIDENT & GROUP GENERAL MANAGER
Mélanie Berliet

CHIEF REVENUE OFFICER
Brian Kightlinger

VICE PRESIDENT, LIFESTYLE MARKETING
Kristin Guinan

Copyright © 2025 Meredith Operations Corporation. All rights reserved.
No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in a review.
COOKING LIGHT is a trademark of TI Lifestyle Group, LLC, a subsidiary of Meredith Operations Corporation, registered in the U.S. and other countries.
For syndication or international licensing requests, email syndication.generic@dotdashmdp.com.
For reprint and reuse permission, email mmc.permissions@dotdashmdp.com.

Be sure to check with your health-care provider before making any changes in your diet.

PRINTED IN THE USA

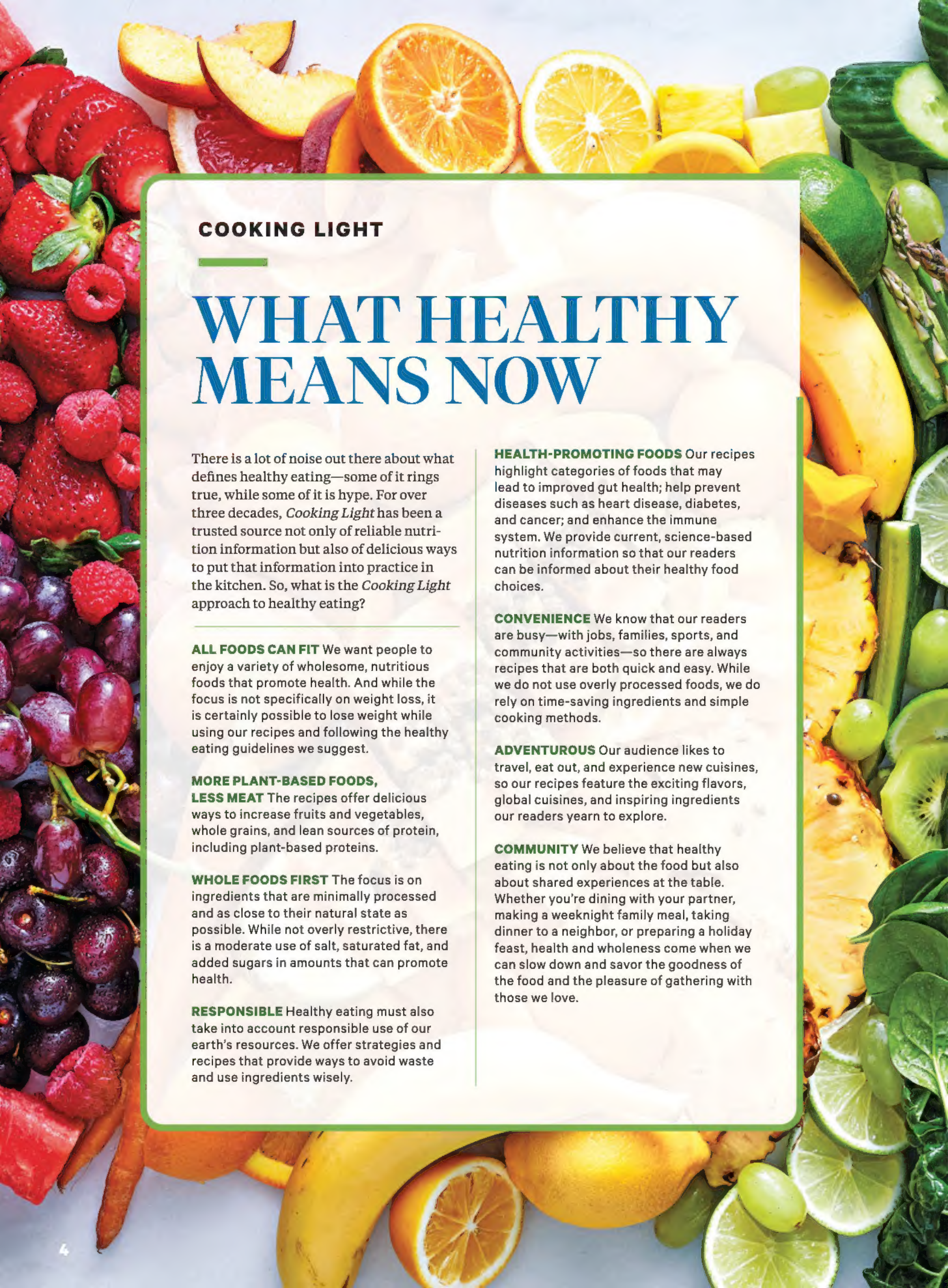
EDITOR'S LETTER

LEMONGRASS SHRIMP OVER RICE VERMICELLI AND VEGETABLES (BUN TOM NUONG XA)
p. 37

While no continent or country has a single, unchanging cuisine, there are distinctive dishes and ingredients that define every country's cooking. We are hungry for these regional foods, and supermarkets are now teeming with more ingredients to prepare foods from around the world. Cooking another country's food can expand your sense of taste and may even improve your health. Some of these high-flavor cuisines such as Indian, North African, and Japanese are often touted as some of the healthiest ways of eating on the planet—plenty of fruits and vegetables, whole grains, seafood, and little or no meat.

It's impossible to completely capture the variety of dishes that people enjoy around the world, but we have tried to offer a fair representation. As you have come to expect from *Cooking Light,* each recipe comes with a complete nutrition analysis. With this issue and the mosaic of ingredients available at your local market, it's easier than ever to savor the many delicious flavors of the world.

Anne Cain
MPH, MS, RDN



COOKING LIGHT

WHAT HEALTHY MEANS NOW

There is a lot of noise out there about what defines healthy eating—some of it rings true, while some of it is hype. For over three decades, *Cooking Light* has been a trusted source not only of reliable nutrition information but also of delicious ways to put that information into practice in the kitchen. So, what is the *Cooking Light* approach to healthy eating?

ALL FOODS CAN FIT We want people to enjoy a variety of wholesome, nutritious foods that promote health. And while the focus is not specifically on weight loss, it is certainly possible to lose weight while using our recipes and following the healthy eating guidelines we suggest.

MORE PLANT-BASED FOODS, LESS MEAT The recipes offer delicious ways to increase fruits and vegetables, whole grains, and lean sources of protein, including plant-based proteins.

WHOLE FOODS FIRST The focus is on ingredients that are minimally processed and as close to their natural state as possible. While not overly restrictive, there is a moderate use of salt, saturated fat, and added sugars in amounts that can promote health.

RESPONSIBLE Healthy eating must also take into account responsible use of our earth's resources. We offer strategies and recipes that provide ways to avoid waste and use ingredients wisely.

HEALTH-PROMOTING FOODS Our recipes highlight categories of foods that may lead to improved gut health; help prevent diseases such as heart disease, diabetes, and cancer; and enhance the immune system. We provide current, science-based nutrition information so that our readers can be informed about their healthy food choices.

CONVENIENCE We know that our readers are busy—with jobs, families, sports, and community activities—so there are always recipes that are both quick and easy. While we do not use overly processed foods, we do rely on time-saving ingredients and simple cooking methods.

ADVENTUROUS Our audience likes to travel, eat out, and experience new cuisines, so our recipes feature the exciting flavors, global cuisines, and inspiring ingredients our readers yearn to explore.

COMMUNITY We believe that healthy eating is not only about the food but also about shared experiences at the table. Whether you're dining with your partner, making a weeknight family meal, taking dinner to a neighbor, or preparing a holiday feast, health and wholeness come when we can slow down and savor the goodness of the food and the pleasure of gathering with those we love.

HEALTHY EATING GUIDELINES

At *Cooking Light*, our team of food editors, experienced cooks, and dietitians builds recipes with whole foods, whole grains, and bigger portions of plants and seafood than meat. We emphasize oil-based fats more than saturated, and we promote a balanced diet low in processed foods and added sugars. We also promote foods that contain specific disease-fighting benefits: antioxidants, fermented foods, and anti-inflammatory foods.

Ingredients that are high in saturated fats, sodium, and added sugars are used only in small amounts and as flavor-boosting solutions rather than the focal point. We don't cook with any products containing artificial sweeteners or trans fats (partially hydrogenated oils).

DAILY NUTRIENT RECOMMENDATIONS

Cooking Light recipes adhere to rigorous nutrition guidelines that govern calories, saturated fat, sodium, and added sugar based on various food categories such as main dishes, sides, and desserts. These standards enable you to easily incorporate our recipes into a diet that follows the most recent USDA Dietary Guidelines for Americans and recommendations from the American Heart Association.

SAMPLE RECIPE NUTRITIONAL INFO

combine. Divide among serving bowls, and, if desired, sprinkle with lemon zest.

SERVES 4 (serving size: about 1½ cups)
CALORIES 525; **FAT** 24g (sat 6g, unsat 18g); **PROTEIN** 12g; **CARB** 64g; **FIBER** 10g; **SUGARS** 3g (added sugars 0g); **SODIUM** 688mg; **CALC** 18% DV; **POTASSIUM** 9% DV

DAILY AMOUNTS

CALORIES
1,600 – 2,000
based on age, gender, and activity level

SATURATED FAT
20g or less
or less than 10% of total calories

SODIUM
2,300mg or less

FIBER
25-30g

SUGARS
Includes natural sugars such as fruit sugar and milk sugar

ADDED SUGARS
38g or less
or less than 10% of total calories

CALCIUM
1,000mg
Recommended Daily Value (DV)

POTASSIUM
4,700mg
Recommended Daily Value (DV)

HOW MUCH IS ONE SERVING?

Cooking Light ensures that every serving is a satisfying, realistic portion that fulfills its role as a part of a balanced plate. This includes the following in each category:

SEAFOOD
5 ounces cooked

BEEF AND PORK
3 ounces cooked

POULTRY
4½ ounces cooked white meat or
3 ounces cooked dark meat

GRAINS
About ½ cup

FRUITS AND VEGETABLES
At least ½ cup

ALCOHOL
1.5 ounces liquor, 5 ounces wine, or 12 ounces beer

Habits for a Healthy Gut

Our everyday health and lifestyle habits can create harm or harmony for our gut microbiome—that's where bacteria reside in the gut. Research continues to show the powerful impact a well-functioning gut can have on whole-body health and wellness. A balanced and diverse gut microbiome supports the immune system, enhances nutrient absorption, and may even reduce the risk of developing certain gastrointestinal conditions. There are several habits you can incorporate every day to help keep your gut in tip-top shape.

EAT A VARIETY OF FOODS

Eating a diet filled with more variety may help strengthen your gut for ultimate wellness. When we have dietary diversity, we provide a broader spectrum of nutrients, which nurtures the growth and diversity of gut bacteria. A diverse microbiome is closely linked to enhanced digestion, better immune function, and reduced gastrointestinal and chronic metabolic disorders. Mix up your eating plan by selecting seasonal veggies to toss into a stir-fry, choosing a different type of nut to add to your trail mix, or air-frying a different kind of fish. You can alter your gut flora profile in just a few days simply by changing your diet.

EAT CARBS

Often, carbs are thought of as "bad" when, in reality, there are several carbs that you should be eating. When you cut back on carbs, you can miss out on fiber—nondigestible carbohydrates that have a beneficial effect on human health and a diverse microbiome. Multiple types of fiber—including soluble and insoluble—help keep you full, stabilize your blood sugar levels, and prevent constipation. Another type, called prebiotic fiber, nurtures your gut health as well. Grains and starchy vegetables are fiber-rich foods that provide the gut with prebiotics that feed the good bacteria.

EAT FULL-FAT FOODS

Butter, ghee, and coconut oil are often demonized for their high saturated fat content. But there's no reason to banish them completely. Saturated fat should make up no more than 10 percent of your daily caloric intake (about 22 grams of saturated fat for a 2,000-calorie diet). And both butter and ghee contain butyric acid, a short-chain fatty acid that's known to promote gut health and lessen inflammation. So feel free to enjoy them in moderation.

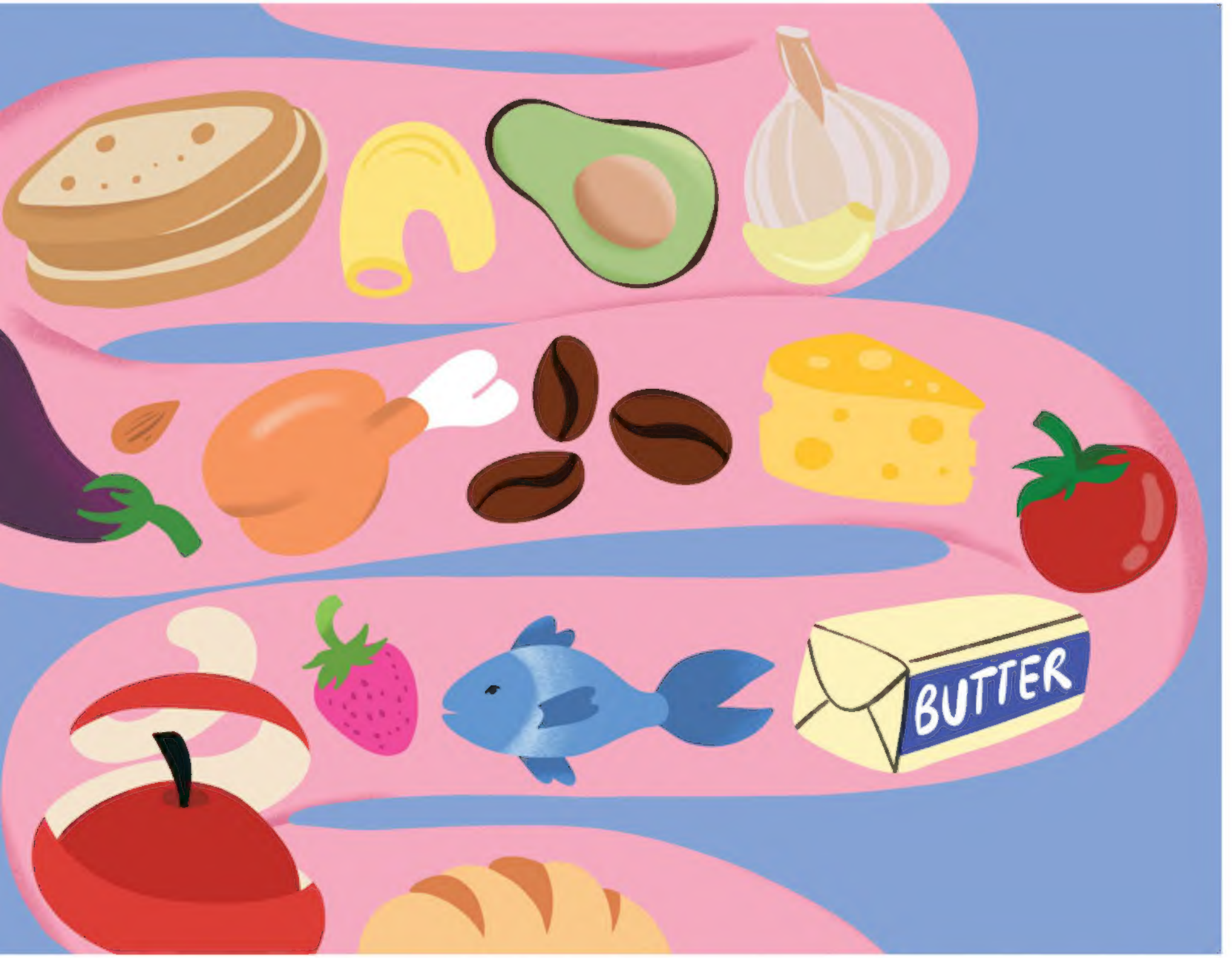
EAT THE PEEL

Apple, cucumber, and carrot peels can pile up in the trash because of their texture and appearance. But sometimes putting down the peeler and keeping the outer layers on can be a good thing. These outer layers are rich in fiber, vitamins, minerals, and antioxidants that support gut health and overall well-being. Plus, vegetable skins offer prebiotic fiber, nourishing your gut bacteria. Consider eating the peels of carrots, potatoes, beets, eggplant, kiwi, cucumber, citrus fruits, and some winter squash. You can make munching on skins more tasty by whipping up a smoothie or air-frying the peels.

DRINK COFFEE

Moderate coffee consumption may have beneficial effects on gut function, potentially supporting digestion, and positively influencing the makeup of gut bacteria. If you enjoy a morning cup and your body tolerates it well, coffee can offer health-promoting nutrients that have been studied for their effects on the gut. Coffee is filled with polyphenols, a family of plant compounds that are active in the body and contribute to health by reducing inflammation and oxidative stress. These polyphenols may be capable of increasing the amount of beneficial bacteria in the gut, and they

ILLUSTRATION BY SOL COTTI



have protective effects against harmful types of bacteria. Plus, research shows that coffee–decaf or caffeinated–may help one-third of the population with regular bowel movements, which are an important part of healthy digestion.

GET PLENTY OF SLEEP

While we know we should be catching more zzz's for energy, focus, and a better mood, we may not realize that getting less-than-optimal sleep affects the way our gut operates. Research has shown that there's a special connection between your gut microbiota and sleep via the relationship between your gut and brain, also known as the gut-brain axis. In fact, your gut is known as a "second brain," and agents produced in the gut, like short-chain fatty acids, are known to communicate with the central nervous system. When we experience sleep deprivation, this impacts our circadian rhythms, which in turn can change the diversity of our microbiome and the structure of gut microbes. If you compromise your nightly sleep to under seven hours, the diversity of your gut microbes can become compromised, which can increase gut issues or put you at a greater risk of having gut disturbances.

Remember, your path to better gut health isn't limited to taking probiotic pills. Instead, focus on small changes in your everyday routine that you can sustain for the long haul. From adding new foods to your grocery list to enjoying your coffee, and even peeling your fruit less often, new habits may change your digestion and support a thriving microbiome.

Adapted from *Eating Well, Healing Foods*, Gaby McPherson, MS, RDN, LDN

Global Food Superstitions

From blowing out birthday candles to breaking a wishbone in half, we all take part in culinary superstitions and food folk practices, many of which are so common that we don't even think about them. Here are some of the most intriguing food- and drink-related practices and superstitions from around the globe.

GIFTING A KNIFE COULD END A FRIENDSHIP

According to Chinese lore, gifting a knife to a friend could also sever your relationship. To avoid the risk of cutting ties, give your recipient a coin so they can "buy" the knife you'd like to present to them.

TWO YOLKS COULD BE BETTER THAN ONE

In Roman folklore, finding two yolks in one egg foretold the birth of twins or pending marriage. In Europe starting in the Roman Empire and continuing up until the 16th century, it was believed that witches could sail in eggshells through storms and sink ships. To prevent this, sailors would smash the shells or prohibit bringing eggs on board altogether.

GARLIC CAN REPEL EVIL SPIRITS

Thanks to Dracula, garlic's reputation for warding off vampires is well-known in popular culture. But it is also believed to repel other evil spirits and demons. In Greece, braids of garlic are often seen hanging over the entrances of homes, restaurants, and stores to stave off evil.

NOODLES PROMISE A LONG LIFE

In a tradition that dates back to the Han dynasty, birthdays, anniversaries, and Chinese New Year celebrations call for eating longevity noodles for good luck, prosperity, and a long life. Cutting noodles, whether with your teeth or a knife, means cutting life short, so it's best to slurp them whole.

SPILLED SALT IS A BAD OMEN

Several cultures throw spilled salt over their left shoulder to ward off evil spirits. In ancient Rome, salt was considered a good omen for friendship on account of its preservative properties. Gifting salt to new homeowners is also considered a blessing in Scotland. In Slavic and some non-Slavic countries, bread and salt serve as a welcome offering; the bread is a sign of respect and salt represents longevity.

PARSLEY REPRESENTS THE UNDERWORLD

According to lore, parsley's slow germination—up to six weeks longer than basil and rosemary—can be explained by a story that the seeds take a trip to hell and back before sprouting from the soil. Among the ancient Greeks and Romans, this story led to an association with the underworld. The Greeks thought the herb grew from the blood of a baby, Opheltes (later called Archemorus, meaning "Harbinger of Death"), who was killed by a snake. They would also decorate tombs with wreaths made from parsley. The Romans related the herb with the goddess Persephone, queen of the underworld. And in medieval Europe, parsley was associated with demonic forces as represented by "the parsley spirit." If a young lady gave away parsley, she would be unlucky in love. And if she stole a sprig from another's garden, she could regain it. In England, it was taboo to transplant parsley, an act said to spread misfortune.

CHILES COULD PROTECT YOU

In southern Italy, the cornicello, a symbol that looks not unlike a red chile pepper, is worn as a necklace or even carried as a talisman to protect against the evil eye. Perhaps because of their visual similarity to cornicelli, strings of fresh red chiles can be found hanging from doorways or balconies throughout the Mezzogiorno. Similarly, in India, seven green chiles and a lemon are tied together and hung in the doorways of homes and businesses to ward off evil spirits and bring forth good luck.

PUFFED TORTILLAS COULD MEAN WEDDING BELLS

When a corn tortilla puffs during the cooking process, it's a sign that the nixtamalized dough is adequately hydrated. But did you know it's also thought to foretell a wedding in Mexican culture? If a flour tortilla puffs up, it's believed that your mother-in-law holds you in high esteem.

CANDLES BELONG ON A BIRTHDAY CAKE

The tradition of making a wish and blowing out the candles on your birthday cake comes from the Greeks offering round cakes decorated with small torches resembling a luminous full moon to Artemis, goddess of the moon and hunt. During the Middle Ages, the German tradition of Kinderfest popularized candles on birthdays. On their birthday, a child was thought to be more vulnerable to evil spirits, so a candle called the "lebenslicht" (meaning "light of life") was burned throughout the day. After the evening meal, the child made a wish before blowing out the candle, just before slicing and eating the cake, while the smoke was believed to transport the child's intentions to heaven. The tradition spread throughout Europe and eventually made its way to the United States with German-speaking immigrants.

THROWING RICE AT WEDDINGS COULD AID IN FERTILITY

In ancient Rome, grains such as oats or wheat were thrown onto newlyweds after wedding ceremonies to predict fertility, prosperity, and good fortune. Eventually, rice became the most popular grain to throw.

EXACTLY 12 GRAPES SHOULD BE EATEN AT MIDNIGHT

On New Year's Eve in Spain and throughout Latin America, it's customary to eat 12 grapes during the last 12 seconds before the stroke of midnight. Each grape represents one month, and eating them represents hope for prosperity and good luck throughout the new year.

THIRTEEN PEOPLE AT A TABLE IS BAD LUCK

Triskaidekaphobia, or fear of the number 13, isn't reserved for Friday the 13th. Some say this superstition stems from the Last Supper, as Judas, the apostle who betrayed Jesus, was believed to be the thirteenth guest. Another origin tale comes from Norse religion: 12 gods held a feast in Valhalla that included Balder, the god of light, and Hoder, the god of darkness and winter. However, Loki, the Norse pantheon's trickster god, arrived to the party uninvited, making the number of guests 13. Loki then tricked Hoder into slaying Balder, an event that foretold Ragnarök, the end of the world.

A WISHBONE IS MEANT TO BE BROKEN IN HALF

The custom of breaking a wishbone in half originated with the Etruscans, who considered chickens fortuitous and even kept them in temples. When a sacred chicken died, the wishbone was removed, dried, and stored on an altar for worshippers to touch while making a wish. Historians speculate that people fought over these religious relics, which eventually led to their breaking the bones in two. Breaking the wishbone came to be the point of the practice: the person with the larger piece would have their wish granted; if the bone broke into equal halves, both individuals would get their wish. This belief made its way to England, where the bone was called a "merrythought," and eventually the practice spread to the U.S.

Adapted from *13 Food and Cooking Superstitions from Around the World*, Diana Perez, October 2024, foodandwine.com

ILLUSTRATIONS BY SO. COTT

3 Ways to Use Aleppo Pepper

With a gentle spiciness and a flavor like toasted sun-dried tomatoes, this coarsely ground Middle Eastern spice is great for adding flavor and color to recipes without cranking up the heat too much.

Aleppo-Spiced Meatball Salad

1. Preheat oven to 400°F. Stir together **1 lb. 90% lean ground beef, 1 cup uncooked bulgur, ¼ cup minced red onion, 5 tsp. Aleppo pepper, 1½ tsp. ground cumin, ½ tsp. kosher salt,** and **1 beaten large egg** in a bowl. Form into 20 meatballs; arrange evenly on a baking sheet.

2. Bake in preheated oven until cooked through, 13 to 15 minutes.

3. Whisk together **3 Tbsp. water, 2 Tbsp. tahini, 1 Tbsp. canola oil, 2 tsp. fresh lemon juice, ¼ tsp. minced garlic,** and **⅛ tsp. kosher salt**. Divide **4 cups mixed salad greens, 1 pt. cherry tomatoes, halved,** and **meatballs** among 4 plates; drizzle with dressing. Sprinkle with **1 tsp. Aleppo pepper;** serve with **1 whole-wheat pita,** cut into 8 wedges.

SERVES 4 (serving size: 5 meatballs, 1 cup salad, 2 pita wedges, and 1½ Tbsp. dressing) **CALORIES** 447; **FAT** 22g (sat 6g, unsat 13g); **PROTEIN** 32g; **CARB** 35g; **FIBER** 7g; **SUGARS** 4g (added sugars 0g); **SODIUM** 703mg; **CALC** 10% DV; **POTASSIUM** 17% DV

Spicy Dark Chocolate and Tahini Bark

1. Microwave **1 cup chopped dark chocolate** in a small bowl until melted, about 90 seconds, stirring every 30 seconds. Repeat process in a separate bowl with **¼ cup peanut butter chips** and **1 Tbsp. tahini**.

2. Spread chocolate in an even layer on a parchment paper–lined baking sheet. Spoon peanut butter mixture over chocolate; swirl together with a knife. Sprinkle with **2 Tbsp. Aleppo pepper** and **½ tsp. flaky sea salt**. Freeze until firm, about 1 hour. Break into pieces.

SERVES 10 (serving size: about ¼ cup)
CALORIES 164, **FAT** 10g (sat 6g, unsat 4g), **PROTEIN** 3g **CARB** 16g; **FIBER** 2g, **SUGARS** 11g (added sugars 11g); **SODIUM** 173mg **CALC** 1% DV; **POTASSIUM** 1% DV

Roasted Chickpea Snack Mix

1. Preheat oven to 375°F. Stir together **1 (15-oz.) can drained and rinsed chickpeas, 1 Tbsp. olive oil, 1 Tbsp. Aleppo pepper, 1 tsp. garlic powder,** and **½ tsp. kosher salt** in a bowl. Transfer to a rimmed baking sheet. Bake in preheated oven 15 minutes.

2. Using the same bowl, stir together **1½ cups coarsely chopped walnuts, 1 cup chopped kale, 1 Tbsp. olive oil, 1 Tbsp. Aleppo pepper, 1 tsp. garlic powder,** and **½ tsp. kosher salt**. Stir into baked chickpeas. Bake until kale is crispy, 18 to 20 minutes. Stir in **2 tsp. lemon zest**.

SERVES 10 (serving size: about ½ cup)
CALORIES 172; **FAT** 13g (sat 1g unsat 11g), **PROTEIN** 5g **CARB** 10g **FIBER** 3g, **SUGARS** 1g (added sugars 0g); **SODIUM** 250mg **CALC** 4% DV; **POTASSIUM** 4% DV

EAST ASIA/ INDIA

Western dishes tend to combine ingredients with similar flavor compounds, but Asian dishes do the opposite: They tend to combine contrasting flavors like soy sauce and rice vinegar or honey and hot red chiles, creating more excitement on the palate. This continent includes countries as diverse as Japan, India, China, and Korea.

KOREAN-STYLE BEEF TACOS

p 14

Korean-Style Beef Tacos

HANDS-ON 28 MIN **TOTAL** 1 HR 28 MIN

Among Asian chile pastes, Korea's gochujang is one of the most complex. Its sweet, spicy, salty, savory flavors come from fermented soybeans that are thickened with glutinous rice. It is absolutely essential in Korean cooking.

- **¼ cup sugar**
- **5 Tbsp. lower-sodium soy sauce**
- **1½ Tbsp. gochujang (Korean chile paste)**
- **1 Tbsp. fresh lime juice**
- **1 Tbsp. dark sesame oil**
- **4 garlic cloves, minced**
- **12 oz. flank steak, sliced against the grain into thin strips**
- **¼ tsp. salt**
- **8 (6-in.) corn tortillas**

Quick Pickled Cabbage (right)

- **3 Tbsp. sliced scallions**

1. Stir together sugar, soy sauce, chile paste, lime juice, oil, and garlic in a shallow dish. Add steak to dish; cover. Marinate in refrigerator for 1 hour, turning after 30 minutes.

2. Preheat grill to medium-high (400°F to 450°F).

3. Remove steak from marinade, and discard marinade. Thread steak onto 8 (8-inch) skewers; sprinkle with salt. Place skewers on oiled grill rack. Grill 2 minutes on each side or until desired degree of doneness. Grill tortillas 30 seconds on each side or until lightly charred; keep warm. Place tortillas on plates, and top evenly with steak and Quick Pickled Cabbage; sprinkle with scallions.

SERVES 4 (serving size: 2 tortillas, 3 oz. steak, ½ cup cabbage, and 2¼ tsp. scallions) **CALORIES** 352, **FAT** 8g (sat 2g, unsat 4g); **PROTEIN** 24g, **CARB** 50g, **FIBER** 4g, **SUGARS** 17g (added sugars 13g); **SODIUM** 709 mg, **CALC** 11% DV; **POTASSIUM** 8% DV

Quick Pickled Cabbage

HANDS-ON 10 MIN **TOTAL** 40 MIN

Take tacos to new heights with pickled cabbage spiked with Korean chile paste.

- **3 cups chopped napa cabbage**
- **2 garlic cloves, crushed**
- **½ cup rice vinegar**
- **2 Tbsp. lower-sodium soy sauce**
- **1 Tbsp. sugar**
- **2 tsp. gochujang (Korean chile paste)**

Place cabbage in a medium bowl with garlic. Bring vinegar, soy sauce, sugar, and chile paste to a boil in a small saucepan. Pour hot vinegar mixture over cabbage; toss. Let stand at least 30 minutes.

SERVES 4 (serving size: ½ cup) **CALORIES** 33, **FAT** 0g (sat 0g, unsat 0g); **PROTEIN** 1g, **CARB** 7g, **FIBER** 1g, **SUGARS** 5g (added sugars 3g); **SODIUM** 258mg, **CALC** 5% DV; **POTASSIUM** 1% DV

Napa cabbage, unlike green cabbage, is composed of long stalks of crinkly leaves that are creamy white with light green tips. The leaves are thin and softer in texture and milder in flavor than green cabbage.

Fresh Spring Rolls

HANDS-ON 36 MIN **TOTAL** 36 MIN

From fried and mild to fresh and spicy, spring rolls can be found all over East Asia and Southeast Asia. Here's a fresh roll with tons of crunch from carrots and sprouts. The dipping sauce provides sweet, sour, salty, and spicy flavors. For a stronger taste, let the sauce stand for 30 minutes before serving. Or if you like it mild, seed the Thai chile before using.

- **8 (8-in.) round sheets rice paper**
- **2 cups thinly sliced Bibb lettuce leaves (about 4 large), divided**
- **2 cups cooked bean threads (cellophane noodles), divided**
- **1 cup fresh bean sprouts, divided**
- **1 cup shredded carrot, divided**
- **½ cup coarsely chopped fresh mint, divided**
- **½ cup fresh cilantro leaves, divided**
- **¼ cup thinly sliced scallions, divided**
- **1 Tbsp. sugar**
- **3 Tbsp. fresh lime juice**
- **3 Tbsp. water**
- **2 Tbsp. fish sauce**
- **1 garlic clove, minced**
- **1 Thai chile, thinly sliced**

1. Add hot water to a large, shallow dish to a depth of 1 inch. Place 1 rice paper sheet in dish, and let stand 30 seconds or just until soft. Place sheet on a flat surface. Arrange ¼ cup lettuce over half of sheet, leaving a ½-inch border. Top with ¼ cup bean threads, 2 tablespoons sprouts, 2 tablespoons carrot, 1 tablespoon mint, 1 tablespoon cilantro leaves, and 1½ teaspoons scallions. Folding sides of sheet over filling and, starting with filled side, roll up jelly-roll fashion. Gently press seam to seal. Place roll, seam side down, on a serving platter (cover to keep from drying). Repeat procedure with remaining rice paper sheets, lettuce, bean threads, sprouts, carrot, mint, cilantro, and scallions.

2. Whisk together sugar, lime juice, water, fish sauce, garlic, and chile, stirring until sugar dissolves. Serve sauce with rolls.

SERVES 8 (serving size: 1 roll and about 2 tsp. sauce) **CALORIES** 94, **FAT** 0g (sat 0g, unsat 0g); **PROTEIN** 2g, **CARB** 21g, **FIBER** 1g, **SUGARS** 3g (added sugars 2g); **SODIUM** 375mg; **CALC** 3% DV; **POTASSIUM** 2% DV

FRESH
SPRING
ROLLS

Flavors of East Asia and India

SOY SAUCE Provides salty and umami (savory) flavors; look for low-sodium varieties.

GINGER Rhizome (underground stem) with sharp flavor and spicy aroma; may help prevent ailments such as nausea.

RICE VINEGAR Provides gentle acidity; look for types without added sugar and salt.

DARK SESAME OIL Used sparingly for nutty, roasted aroma.

WASABI Pungency from a root in the horseradish family.

CARDAMOM Seed pod in ginger family; round, black seeds have intense, resinous aroma; green pods often used whole.

CORIANDER SEED Tan, round seeds from same plant that bears cilantro leaves; provides lemony flavor; often toasted and ground.

CUMIN SEED Crescent-shaped brown seeds in the caraway family with warm, earthy aromas; often toasted and used whole or ground.

BROWN MUSTARD SEED Small, round seeds with hot, pungent flavor; often toasted whole until they pop.

DRIED CHILES (CAYENNE) Spicy-hot pepper pods with various capsaicin (heat) levels; used whole, dried, and ground, and ground fresh into chile paste.

Spicy Korean Pork Barbecue (Daeji Bulgogi)

HANDS-ON 22 MIN. **TOTAL** 2 HR. 52 MIN.

To serve this dish as it would be served in a Korean barbecue restaurant, put a small hibachi (charcoal grill) in the center of an outdoor table and allow guests to grill their own slices of marinated meat at the table. Serve with sticky rice, pickled vegetables, Raw Summer Kimchi (right), and lettuce leaves to wrap it all up.

- **1 lb. pork tenderloin, trimmed**
- **2 Tbsp. brown sugar**
- **2 Tbsp. lower-sodium soy sauce**
- **1½ Tbsp. gochujang (Korean chile paste)**
- **1 tsp. minced fresh ginger**
- **1 tsp. dark sesame oil**
- **½ tsp. crushed red pepper**
- **3 garlic cloves, minced**
- **Cooking spray**

1. Wrap pork in plastic wrap; freeze 1½ hours or until firm. Remove plastic wrap; cut pork diagonally across grain into 1/16-inch-thick slices.

2. Combine pork, sugar, soy sauce, chile paste, ginger, sesame oil, red pepper, and garlic in a large ziplock plastic bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally.

3. Prepare grill to medium-high (400°F to 450°F).

4. Place a wire grilling basket on grill rack. Remove pork from bag; discard marinade. Place pork on grilling basket sprayed with cooking spray; grill 5 minutes or until desired degree of doneness, turning frequently.

SERVES 4 (serving size: 3 oz.) **CALORIES** 147; **FAT** 3g (sat 1g, unsat 2g); **PROTEIN** 24g; **CARB** 4g; **FIBER** 0g; **SUGARS** 2g (added sugars 2g); **SODIUM** 267mg; **CALC** 1% DV; **POTASSIUM** 10% DV

Raw Summer Kimchi (Shang Kimchi)

HANDS-ON 21 MIN. **TOTAL** 7 HR. 21 MIN.

From pleasantly fizzy to deeply funky, kimchi takes on many styles. Here's a quick one you can prepare and serve in less than a day, but it tastes even better if you let it ferment in the fridge for a few weeks. Koreans often keep kimchi for months in a very cold refrigerator that holds the mixture just above the freezing point so it will ferment more slowly and improve in flavor.

- **14 cups coarsely chopped napa cabbage (about 2 lb.)**
- **3 Tbsp. kosher salt**
- **1 Tbsp. sesame seeds, toasted**
- **2½ Tbsp. gochujang (Korean chile paste)**
- **2 Tbsp. minced fresh garlic**
- **2 tsp. dark sesame oil**

1. Place cabbage and salt in a large bowl, tossing gently to combine. Weigh down cabbage with another bowl. Let stand at room temperature 3 hours, tossing occasionally. Drain and rinse with cold water. Drain and squeeze dry.

2. Combine cabbage, sesame seeds, chile paste, garlic, and sesame oil. Cover and refrigerate at least 4 hours before serving.

SERVES 16 (serving size: ¾ cup) **CALORIES** 32; **FAT** 1g (sat 0g, unsat 1g); **PROTEIN** 1g; **CARB** 4g; **FIBER** 1g; **SUGARS** 1g (added sugars 0g); **SODIUM** 609mg; **CALC** 5% DV; **POTASSIUM** 0% DV

SPICY KOREAN PORK BARBECUE (DAEJI BULGOGI)

Fall Vegetable Curry

HANDS-ON 15 MIN. **TOTAL** 25 MIN

Indian cookbook author Raghavan Iyer said that chickpeas with spicy tomato sauce (chana masala) is "as pervasive in northern Indian home kitchens as is macaroni and cheese" in U.S. kitchens. Here's a riff on chana masala that includes sweet potatoes and cauliflower along with the chickpeas. Yogurt on the side helps to mitigate the curry's heat. (If you don't have spicy Madras curry powder, add ⅛ to ¼ teaspoon cayenne pepper.)

- **1½ tsp. olive oil**
- **1 cup diced sweet potato**
- **1 cup small cauliflower florets**
- **¼ cup thinly sliced yellow onion**
- **2 tsp. Madras curry powder**
- **½ cup organic vegetable broth**
- **¼ tsp. salt**
- **1 (15-oz.) can chickpeas (garbanzo beans), drained and rinsed**
- **1 (14.5-oz.) can no-salt-added diced tomatoes, undrained**
- **2 cups cooked basmati rice**
- **2 Tbsp. chopped fresh cilantro**
- **½ cup plain 2% reduced-fat strained (Greek-style) yogurt**

Heat a large nonstick skillet over medium-high. Add olive oil to pan; swirl to coat. Add sweet potato to pan; cook 3 minutes, stirring constantly. Decrease heat to medium. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly. Add broth, salt, chickpeas, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally. Serve curry over rice, sprinkle with cilantro, and serve with yogurt.

SERVES 4 (serving size: 1 cup curry, ¼ cup rice, and 2 Tbsp. yogurt) **CALORIES** 275; **FAT** 3g (sat 1g, unsat 2g); **PROTEIN** 11g; **CARB** 49g; **FIBER** 6g; **SUGARS** 6g (added sugars 0g); **SODIUM** 285mg; **CALC** 12% DV; **POTASSIUM** 12% DV

Vegetable Samosas with Mint Chutney

HANDS-ON 55 MIN. **TOTAL** 1 HR 18 MIN

Crispy, deep-fried samosas with a savory filling are pure pleasure. To keep the crunch but ditch the frying, these samosas feature phyllo dough that is crisped in the oven. This recipe is a great use for leftover mashed potatoes.

- **1 cup fresh mint leaves**
- **1 cup fresh cilantro leaves**
- **1 Tbsp. fresh lime juice**
- **1 Tbsp. water**
- **1 tsp. finely chopped seeded jalapeño chile**
- **1 tsp. chopped garlic**
- **½ tsp. minced fresh ginger**
- **¼ tsp. salt**
- **2 Tbsp. olive oil, divided**
- **¼ cup finely chopped onion**
- **⅔ cup shredded carrot**
- **⅔ cup frozen green peas, thawed**
- **2 tsp. mustard seeds**
- **1½ tsp. garam masala**
- **½ tsp. salt**
- **1 cup leftover mashed potato**
- **8 (14- x 9-in.) sheets frozen phyllo dough, thawed**
- **Cooking spray**

1. Preheat oven to 350°F.

2. Place mint, cilantro, lime juice, water, jalapeño, garlic, ginger, and ⅛ teaspoon salt in a food processor; process 1 minute or until smooth. Spoon mixture into a bowl; cover and refrigerate.

3. Heat a large nonstick skillet over medium. Add 1 tablespoon olive oil to pan; swirl to coat. Add onion to pan, and cook 2 minutes, stirring occasionally. Add carrot, and cook 2 minutes, stirring occasionally. Add peas, mustard seeds, garam masala, and salt; cover and cook 2 minutes. Stir in potato; remove from heat.

4. Working with 1 phyllo sheet at a time, cut each sheet lengthwise into 3 (3- x 14–inch) strips, and spray with cooking spray. (Cover remaining phyllo dough to keep from drying.) Spoon 1 tablespoon potato mixture onto 1 end of each strip. Fold 1 corner of phyllo dough over mixture, forming a triangle; keep folding back and forth into a triangle to end of strip. Repeat procedure with remaining phyllo strips and filling.

5. Place triangles, seam sides down, on a baking sheet. Brush triangles with the remaining 1 tablespoon oil. Bake in preheated oven for 23 minutes or until lightly browned. Serve warm or at room temperature with chutney.

SERVES 12 (serving size: 2 samosas and 1¼ tsp. chutney) **CALORIES** 89; **FAT** 4g (sat 1g, unsat 3g); **PROTEIN** 2g; **CARB** 13g; **FIBER** 2g; **SUGARS** 1g (added sugars 0g); **SODIUM** 217mg; **CALC** 2% DV; **POTASSIUM** 1% DV

How to Shape Samosas

Traditional samosas are made from a round piece of pastry dough formed into an upright cone shape. Here's how to create a triangular shape with phyllo dough strips.

1. Spoon filling onto bottom end of rectangular strip, leaving a 1-inch border.
2. Fold bottom corner over mixture, forming a triangle.
3. Keep folding back and forth to end of phyllo strip, forming a triangular packet.

VEGETABLE SAMOSAS WITH MINT CHUTNEY

BIBIMBAP

Bibimbap

HANDS-ON: 50 MIN **TOTAL:** 1 HR 40 MIN

Japan has its savory ramen noodle bowls and Korea has bold-flavored rice bowls called bibimbap. From the chile paste to the fried eggs, each element elevates the dish. To keep everything warm as you build the bibimbap, slide each component onto a baking sheet in a warm oven.

- **8 oz. extra-firm tofu, drained**
- **⅓ cup water**
- **¼ cup apple cider vinegar**
- **2 tsp. sugar, divided**
- **2 tsp. minced garlic, divided**
- **1 tsp. minced fresh ginger, divided**
- **¼ tsp. crushed red pepper**
- **1 cup julienne-cut carrot**
- **2 Tbsp. lower-sodium soy sauce**
- **3 Tbsp. plus 2 tsp. dark sesame oil, divided**
- **3 cups cooked short-grain rice**
- **1 cup fresh bean sprouts**
- **1 (5-oz.) pkg. sliced shiitake mushroom caps**
- **1 (9-oz.) pkg. fresh baby spinach**
- **1 tsp. unsalted butter**
- **4 large eggs**
- **4 tsp. gochujang (Korean chile paste)**
- **¼ tsp. kosher salt**

1. Cut tofu into ¾-inch-thick slices. Place tofu in a single layer on several layers of paper towels; cover with additional paper towels. Let stand 30 minutes, pressing down occasionally.

2. Meanwhile, combine ⅓ cup water, vinegar, 1 teaspoon sugar, ½ teaspoon garlic, ½ teaspoon ginger, and crushed red pepper in a small saucepan. Bring to a boil. Add carrot, and remove from heat; let stand 30 minutes. Drain.

3. Remove tofu from paper towels; cut into ¾-inch cubes. Place tofu in a medium bowl. Whisk together remaining 1 teaspoon sugar, ½ teaspoon garlic, remaining ½ teaspoon ginger, soy sauce, and 1 tablespoon oil. Add 1 tablespoon soy sauce mixture to tofu; toss gently. Let stand 15 minutes.

4. Heat a 10-inch cast-iron skillet over high for 4 minutes. Add 1 tablespoon sesame oil to pan; swirl to coat. Add rice to pan in a single layer; cook 1 minute (do not stir). Remove from heat; let stand 20 minutes.

5. Heat a large nonstick skillet over medium-high. Add 1 teaspoon oil to pan; swirl to coat. Add 1½ teaspoons soy sauce mixture and bean sprouts to pan; cook 1 minute, stirring constantly. Remove sprouts from pan; keep warm. Add 1 teaspoon oil to pan; swirl to coat. Add mushrooms to pan; cook 2 minutes, stirring constantly. Stir in 1½ teaspoons soy sauce mixture; cook 1 minute. Remove mushrooms from pan; keep warm. Add 2 teaspoons oil to pan; swirl to coat. Add tofu to pan; cook, stirring constantly, 7 minutes or until golden brown. Remove tofu from pan; keep warm. Add remaining 1 teaspoon oil to pan; swirl to coat. Add remaining 1 teaspoon garlic and remaining 1 tablespoon soy sauce mixture; cook 30 seconds. Add spinach to pan; cook 1 minute or until spinach wilts. Remove spinach from pan; keep warm. Reduce heat to medium. Melt butter in pan. Crack eggs into pan; cook 4 minutes or until whites are set. Remove from heat.

6. Place rice in shallow bowls. Top with carrot, sprouts, mushrooms, tofu, and spinach. Top each serving with 1 egg and drizzle with chile paste. Sprinkle evenly with salt.

SERVES 4 (serving size: ¾ cup rice, ¼ cup carrot, ¼ cup sprouts, about ½ cup mushrooms, 2 oz. tofu, about 1 cup spinach, 1 egg, and 1 tsp. chile paste) **CALORIES** 532, **FAT** 23g (sat 5g, unsat 17g); **PROTEIN** 19g **CARB** 59g **FIBER** 3g; **SUGARS** 5g (added sugars 2g) **SODIUM** 667mg, **CALC** 14% DV **POTASSIUM** 6% DV

Spicy Red Lentil Dal with Naan

HANDS-ON 24 MIN **TOTAL** 46 MIN

The term "dal" covers a wide range of pea, bean, and lentil dishes prepared throughout India, Pakistan, Bangladesh, Nepal, and Sri Lanka. An inexpensive and versatile protein dish, dal usually accompanies rice and vegetables. Coconut milk enriches this red lentil dal, which can be served as a side dish or as a vegetarian main dish over basmati rice.

- **2 cups fat-free, lower-sodium chicken broth**
- **1 cup dried small red lentils**
- **1 Tbsp. canola oil**
- **1½ cups chopped onion**
- **1 Tbsp. minced fresh garlic**
- **1 tsp. yellow mustard seeds**
- **½ tsp. crushed red pepper**
- **1 tsp. ground cumin**
- **1 tsp. ground turmeric**
- **½ tsp. ground coriander**
- **½ tsp. freshly ground black pepper**
- **1 Tbsp. tomato paste**
- **½ cup light coconut milk**
- **½ tsp. salt**
- **2 tsp. fresh lime juice**
- **5 (6-in.) naan or pita breads, each cut into 8 wedges**

1. Combine broth and lentils in a medium saucepan; bring to a boil. Reduce heat, partially cover, and simmer 10 minutes or until lentils are tender. Remove from heat; cover and set aside.

2. Heat a large nonstick skillet over medium. Add oil to pan; swirl to coat. Add onion, garlic, mustard seeds, and red pepper, and cook 5 minutes or until onions are tender and seeds begin to pop, stirring constantly. Add cumin, turmeric, coriander, and black pepper; cook 3 minutes, stirring constantly. Add tomato paste, and cook 3 minutes, stirring constantly. Add lentils, coconut milk, and salt; cook 3 minutes, stirring frequently. Remove from heat; stir in juice. Cool to room temperature. Serve dal with pita wedges.

SERVES 5 (serving size: ½ cup dal and 8 pita wedges) **CALORIES** 423, **FAT** 10g (sat 3g, unsat 3g); **PROTEIN** 18g **CARB** 67g, **FIBER** 10g **SUGARS** 5g (added sugars 0g); **SODIUM** 745mg; **CALC** 6% DV, **POTASSIUM** 8% DV

Chicken Tikka Masala

HANDS-ON 56 MIN, **TOTAL** 9 HR, 28 MIN

Chicken tikka—bits of chicken marinated in spicy yogurt and charred in a tandoor—has origins in India. So do the spices in the masala sauce. But chicken tikka masala as it stands today is not traditional in Indian cuisine. Most food historians point to the U.K. to explain how the two parts of the dish (tikka and masala) came together, and how it became a popular dish in Britain. Regardless, it's a delicious combination. Serve with jasmine or basmati rice.

CHICKEN TIKKA

- 4 large garlic cloves, coarsely chopped
- 1 Tbsp. minced fresh ginger
- ¼ tsp. salt
- ½ cup plain 2% reduced-fat strained (Greek-style) yogurt
- ¼ cup fresh lemon juice
- 1½ tsp. paprika
- 1 tsp. garam masala
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 1½ lb. boneless, skinless chicken thighs, cut into 1-in. pieces

MASALA SAUCE

- 1¼ lb. ripe tomatoes, cored and quartered
- 2 Tbsp. canola oil
- ½ cup finely chopped red onion
- 1 Tbsp. minced fresh ginger
- 4 garlic cloves, minced
- 2 tsp. ground coriander
- 2 tsp. paprika
- ½ tsp. ground turmeric
- ⅛ tsp. cayenne pepper
- ½ tsp. salt
- ½ tsp. garam masala
- ¼ cup plain 2% reduced-fat strained (Greek-style) yogurt
- 2 Tbsp. chopped fresh cilantro

1. Prepare chicken tikka: Combine garlic and ginger on a cutting board. Sprinkle with ¼ teaspoon salt and mash to a paste by dragging and pressing broad side of knife over mixture several times. Combine garlic mixture, ½ cup yogurt, lemon juice, 1½ teaspoons paprika, 1 teaspoon garam masala, cumin, and ¼ teaspoon cayenne pepper in a large ziplock plastic bag. Add chicken; seal and marinate in refrigerator 8 to 24 hours, turning bag occasionally.

2. Prepare masala sauce: Place tomatoes in a food processor; process until pureed to measure 2 cups. Heat a Dutch oven over medium. Add oil to pan; swirl to coat. Add onion; cook, stirring constantly, 4 minutes or until browned. Add ginger and garlic; cook 1 minute, stirring frequently. Add coriander, 2 teaspoons paprika, turmeric, and ⅛ teaspoon cayenne pepper; cook 1 minute. Stir in tomato puree, and bring to boil. Cover, reduce heat to low, and simmer 20 minutes or until thick.

3. Preheat broiler.

4. While masala sauce simmers, remove chicken from marinade; discard marinade. Thread chicken onto 4 (12-inch) metal skewers. Place skewers on rack of a broiler pan; cook 3 minutes. Turn skewers over; cook 3 minutes or until browned on all sides but still undercooked in center (chicken will finish cooking in sauce).

5. Remove chicken from skewers; add to masala sauce. Stir in ½ teaspoon salt and ½ teaspoon garam masala; cover and simmer an additional 6 minutes or until chicken is done. Remove from heat; stir in ¼ cup yogurt and cilantro.

SERVES 8 (serving size: ¼ cup) **CALORIES** 272; **FAT** 13g (sat 3g, unsat 5g); **PROTEIN** 32g; **CARB** 10g; **FIBER** 3g; **SUGARS** 5g (added sugars 0g); **SODIUM** 429mg; **CALC** 8% DV; **POTASSIUM** 8% DV

Tandoori Grilled Chicken with Mint Raita

HANDS-ON 1 HR, 50 MIN, **TOTAL** 6 HR, 15 MIN

The tandoor, India's wood-fired clay oven, turns out fantastic barbecued chicken. Tandoori chicken originated in the Punjab region of northern India and Pakistan and gets its traditional red color from ground chiles. This version uses mild paprika, but if you like it hot, add more cayenne pepper. The mint and cucumber yogurt sauce will cool you off.

- 1½ cups plain fat-free strained (Greek-style) yogurt, divided
- 2 Tbsp. chopped fresh ginger
- 1 Tbsp. paprika
- 1 Tbsp. fresh lime juice
- 1 tsp. chili powder
- 1 tsp. ground cumin, divided
- 1 tsp. salt, divided
- ½ tsp. ground turmeric
- ⅛ tsp. cayenne pepper
- 3 garlic cloves, chopped
- 4 (12-oz.) bone-in, skinless chicken leg-thigh quarters
- ¾ cup chopped seeded cucumber
- 2 Tbsp. chopped fresh mint, plus more for garnish

1. Place ¾ cup yogurt, ginger, paprika, lime juice, chili powder, ½ teaspoon cumin, ¾ teaspoon salt, turmeric, cayenne pepper, and garlic in a blender; process until smooth. Pour into a large ziplock plastic bag. Add chicken; turn to coat. Marinate chicken in refrigerator at least 4 hours or overnight.

2. Stir together remaining ¾ cup yogurt, cucumber, mint, remaining ½ teaspoon cumin, and ¼ teaspoon salt in a small bowl; cover and refrigerate.

3. Remove chicken from refrigerator, and let stand at room temperature 45 minutes.

4. Prepare grill for indirect grilling. If using a gas grill, heat one side to medium-high and leave one side with no heat. If using a charcoal grill, arrange hot coals on either side of charcoal grate, leaving an empty space in the middle.

5. Remove chicken from marinade, and discard remaining marinade. Place chicken on unheated part of oiled grill rack. Close lid, and grill 90 minutes or until a thermometer inserted into meaty part of thigh registers 165°F, turning chicken every 20 minutes. Garnish with mint; serve with raita.

SERVES 4 (serving size: 1 chicken quarter and about ½ cup raita) **CALORIES** 292; **FAT** 9g (sat 2g, unsat 5g); **PROTEIN** 46g; **CARB** 5g; **FIBER** 1g; **SUGARS** 1g (added sugars 0g); **SODIUM** 525mg; **CALC** 7% DV; **POTASSIUM** 12% DV

TANDOORI
GRILLED
CHICKEN WITH
MINT RAITA

INDIAN CASHEW
CHICKEN
(MURGH
MAKHANI)

Indian Cashew Chicken (Murgh Makhani)

HANDS-ON 30 MIN **TOTAL** 4 HR, 30 MIN

Also known as butter chicken, this Punjabi dish gets richness from cashew butter, half-and-half, and yogurt. A host of spices from coriander and ginger to cardamom and cinnamon give it head-swirling aromas. Serve over brown basmati rice or with naan to soak up the creamy sauce.

- ⅓ **cup cashews, toasted**
- ⅔ **cup plain fat-free strained (Greek-style) yogurt**
- ¼ **cup tomato paste**
- 2 **Tbsp. white vinegar**
- 1¼ **tsp. garam masala**
- 1 **tsp. ground coriander**
- 1 **tsp. grated fresh ginger**
- ¼ **tsp. cayenne pepper**
- 2 **garlic cloves, chopped**
- 4 **boneless, skinless chicken thighs, cut into bite-size pieces (about 14 oz.)**
- 2 **(8-oz.) boneless, skinless chicken breasts, cut into bite-size pieces**

Cooking spray

- 2¼ **cups finely chopped onion**
- 2 **green cardamom pods, lightly crushed**
- 1 **(2-in.) cinnamon stick**
- 2 **cups fat-free, lower-sodium chicken broth**
- 1 **cup organic tomato puree**
- 1 **tsp. Hungarian sweet paprika**
- ¼ **tsp. salt**
- 3 **Tbsp. half-and-half**

Chopped fresh cilantro (optional)

1. Place cashews, yogurt, tomato paste, vinegar, garam masala, coriander, ginger, cayenne pepper, and garlic in a blender or food processor; process until smooth. Stir together nut mixture and chicken in a large bowl; cover and refrigerate 3 hours or overnight.

2. Heat a large Dutch oven over medium-low. Spray pan with cooking spray. Add onion, cardamom, and cinnamon stick to pan; cover and cook 10 minutes or until onion is golden, stirring often.

3. Add chicken mixture to pan; cook 10 minutes, stirring frequently. Stir in broth, tomato puree, paprika, and salt, scraping pan to loosen browned bits. Cook 1 hour or until thick. Stir in half-and-half; cook 1 minute, stirring occasionally. Remove from heat. Discard cinnamon stick. Garnish with fresh cilantro, if desired.

SERVES 6 (serving size: about 1 cup) **CALORIES** 366; **FAT** 15g (sat 4g, unsat 10g); **PROTEIN** 36g; **CARB** 21g; **FIBER** 2g; **SUGARS** 9g (added sugars 0g); **SODIUM** 346mg; **CALC** 7% DV; **POTASSIUM** 17% DV

Miso Chicken

HANDS-ON 22 MIN **TOTAL** 1 HR 22 MIN

In Japan, miso often glazes fish, but here it's used as a marinade and a glaze for chicken. Along with sour rice vinegar, salty soy sauce, sweet honey, and spicy chile paste, the umami taste of white miso completely transforms plain pan-roasted chicken breasts into a dish of well-balanced flavors and aromas.

- ¼ **cup rice vinegar**
- 3 **Tbsp. lower-sodium soy sauce**
- 2½ **Tbsp. honey**
- 1½ **Tbsp. white miso (soybean paste)**
- 1½ **tsp. sambal oelek (ground fresh chile paste)**
- 2 **Tbsp. minced fresh garlic**
- 2 **Tbsp. dark sesame oil, divided**
- 4 **(6-oz.) boneless, skinless chicken breast halves**

Chopped fresh cilantro (optional)

1. Whisk together vinegar, soy sauce, honey, miso, sambal oelek, and garlic. Whisk in 1 tablespoon oil. Place chicken in a ziplock plastic bag. Add vinegar mixture; seal. Marinate in refrigerator 1 hour, turning once.

2. Preheat oven to 400°F.

3. Remove chicken from bag; reserve marinade. Place marinade in a small, heavy saucepan over medium; bring to a boil. Boil 2 minutes or until syrupy, stirring frequently. Remove from heat; divide mixture in half.

4. Heat a large ovenproof skillet over medium-high. Add remaining 1 tablespoon oil to pan; swirl to coat. Add chicken; cook 4 minutes. Turn chicken over; brush chicken with half of marinade mixture. Place pan in preheated oven; bake for 6 minutes or until done. Remove chicken from oven; brush with remaining half of marinade mixture, turning to coat. Sprinkle with cilantro, if desired.

SERVES 4 (serving size: 1 breast half) **CALORIES** 349; **FAT** 12g (sat 2g, unsat 8g); **PROTEIN** 40g; **CARB** 14g; **FIBER** 0g; **SUGARS** 12g (added sugars 10g); **SODIUM** 794mg; **CALC** 1% DV; **POTASSIUM** 12% DV

Miso is made from fermented soybeans and rice and amplifies the umami (savory) flavor in Japanese dishes. According to Hiroko Shimbo, author of *Hiroko's American Kitchen*, you can think of miso like cheese: "There is young, medium, and aged miso," she explains. "Aged (dark) miso is fermented longer and has more umami, a more complex flavor, and a darker color." For a sweeter taste and lighter color, use young (light or white) miso.

Lo Mein with Tofu

HANDS-ON 39 MIN **TOTAL** 1 HR 8 MIN

Here's a vegetarian version of lo mein (stirred noodles) with cooked and seasoned Chinese egg noodles (or linguine) stirred into stir-fried tofu and vegetables.

- **1 (14-oz.) pkg. firm water-packed tofu, drained and cut crosswise into 4 (1-in.-thick) pieces**
- **8 oz. whole-wheat linguine or fresh Chinese egg noodles**
- **1 tsp. dark sesame oil**
- **½ tsp. salt, divided**
- **¼ tsp. freshly ground black pepper, divided**
- **2 Tbsp. canola oil, divided**
- **3 Tbsp. oyster sauce**
- **1½ Tbsp. mirin (sweet rice wine)**
- **1½ Tbsp. lower-sodium soy sauce**
- **1 tsp. rice vinegar**
- **¾ cup vertically sliced onion**
- **2 cups shredded cabbage**
- **2 cups peeled, thinly diagonally sliced carrot**
- **2 large garlic cloves, thinly sliced**
- **1½ cups fresh bean sprouts**
- **¼ cup chopped scallions**

1. Place tofu in a single layer on several layers of paper towels. Cover tofu with several more layers of paper towels, and top with a cast-iron skillet or other heavy pan. Let stand 30 minutes. Discard paper towels.

2. Cook noodles in boiling water until al dente; drain. Combine cooked noodles, sesame oil, ¼ teaspoon salt, and ⅛ teaspoon pepper; toss. Set aside.

3. Sprinkle remaining ¼ teaspoon salt and remaining ⅛ teaspoon pepper evenly over tofu. Heat a large cast-iron skillet over medium-high. Add 1 tablespoon canola oil to pan; swirl to coat. Add tofu to pan; cook 4 minutes on each side or until golden. Remove from pan; cut into bite-size pieces. Stir together oyster sauce, mirin, soy sauce, and vinegar in a small bowl.

4. Heat a wok or cast-iron skillet over medium-high. Add remaining 1 tablespoon canola oil to pan; swirl to coat. Add onion; stir-fry 2 minutes or until lightly browned. Add cabbage, carrot, and garlic; stir-fry 2 minutes or until cabbage wilts. Reduce heat to medium; stir in tofu and vinegar mixture, tossing to coat. Add noodles and bean sprouts; toss. Cook 2 minutes or until thoroughly heated. Sprinkle with scallions.

SERVES 4 (serving size: 1¾ cups) **CALORIES** 406; **FAT** 15g (sat 1g, unsat 9g) **PROTEIN** 19g, **CARB** 57g; **FIBER** 9g, **SUGARS** 6g (added sugars 0g); **SODIUM** 899mg; **CALC** 25% DV **POTASSIUM** 5% DV

Udon Noodle Bowl

HANDS-ON 1 HR 8 MIN. **TOTAL** 1 HR 8 MIN

Move over chicken noodle soup—udon is the new bowl of comfort. Here's a twist on Japanese-style chicken soup featuring miso, soy sauce, chile paste, porcini mushrooms, and, of course, udon noodles. The perfect soother on a chilly or rainy day.

- **4 cups boiling water**
- **½ oz. dried porcini mushrooms**
- **1 bacon slice**
- **½ cup chopped onion**
- **1 carrot, coarsely chopped**
- **2 Tbsp. yellow miso (soybean paste)**
- **2 Tbsp. lower-sodium soy sauce**
- **2 cups no-salt-added chicken stock**
- **3 garlic cloves, crushed**
- **1 (½-in.) piece fresh ginger, thinly sliced**
- **8 oz. fresh udon noodles or ramen noodles**
- **2 Tbsp. dark sesame oil, divided**
- **1 (8-oz.) pkg. sliced exotic mushroom blend (such as shiitake, cremini, and oyster)**
- **6 (3-oz.) boneless, skin-on chicken thighs**
- **6 large eggs**
- **¾ cup chopped scallions**
- **2 Tbsp. sambal oelek (ground fresh chile paste)**

1. Combine 4 cups boiling water and porcini; let stand 15 minutes. Drain through a sieve over a bowl; reserve porcini and soaking liquid. Slice porcini; set aside.

2. Heat a Dutch oven over medium. Add bacon; cook until almost crisp. Increase heat to medium-high. Add onion and carrot; cook 2 minutes, stirring constantly. Whisk together miso and soy sauce. Add miso mixture, porcini liquid, stock, garlic, and ginger to pan; bring to a boil. Reduce heat, and simmer 20 minutes. Strain mixture through a sieve over a bowl; discard solids. Wipe pan clean. Return broth to pan; bring to a boil. Add noodles; cook 8 minutes or until tender. Remove from heat.

3. Heat a large skillet over medium-high. Add 1 tablespoon sesame oil to pan; swirl to coat. Add fresh mushrooms; cook 8 minutes, stirring frequently. Remove from pan; combine porcini and fresh mushrooms. Add remaining 1 tablespoon sesame oil to pan; swirl to coat. Add chicken, skin sides down; cook, stirring frequently, 7 minutes or until skin is very crisp and golden brown. Turn chicken over; cook 2 minutes or until done.

4. Place eggs in a medium saucepan; add water to cover. Bring to a boil; cook 1 minute. Remove from heat; let stand 3 minutes. Drain; rinse under cold water. Drain and peel.

5. Divide udon noodle mixture among 6 bowls; top each serving with 3 tablespoons mushroom mixture, 2 tablespoons scallions, 1 chicken thigh, 2 egg halves, and 1 teaspoon sambal oelek.

SERVES 6 (serving size: 1 bowl) **CALORIES** 365 **FAT** 19g (sat 5g, unsat 13g); **PROTEIN** 23g; **CARB** 27g; **FIBER** 3g; **SUGARS** 4g (added sugars 0g); **SODIUM** 781mg; **CALC** 7% DV; **POTASSIUM** 11% DV

UDON
NOODLE
BOWL

CHICKEN COCONUT SOUP (TOM KHA GAI)
p. 33

SOUTHEAST ASIA

Southeast Asian food is all about contrasting flavors. From Thailand and Vietnam to Malaysia and Indonesia, vibrant ingredients pair in dynamic ways.

LEMONGRASS TOFU BANH MI
p 30

Lemongrass Tofu Banh Mi

HANDS-ON: 26 MIN. **TOTAL:** 50 MIN

French colonists made baguettes, pâté, mayonnaise, and beef bones permanent fixtures in Vietnam's culinary landscape. Vietnamese cooks turned the beef bones into pho and the baguettes into banh mi, a submarine-style sandwich that's typically spread with mayo and pâté, then filled with pork and vegetables like cucumbers and carrots. Here's a vegetarian version, or banh mi chay, that skips the pâté, keeps the mayo, and features marinated and pan-seared tofu.

- **¼ cup rice vinegar**
- **¼ cup water**
- **1 Tbsp. sugar**
- **¼ tsp. salt**
- **1¼ cups matchstick-cut carrot**
- **1¼ cups matchstick-cut daikon radish**
- **1½ Tbsp. chopped fresh cilantro**
- **1 (14-oz.) pkg. water-packed extra-firm tofu, drained**
- **2 Tbsp. finely chopped fresh lemongrass**
- **2 Tbsp. water**
- **1 Tbsp. lower-sodium soy sauce**
- **2 tsp. sesame oil, divided**
- **3 Tbsp. canola mayonnaise**
- **1½ tsp. Sriracha (hot chile sauce)**
- **1 (12-oz.) French bread baguette, halved lengthwise and toasted**
- **Cooking spray**
- **1 cup thinly sliced English cucumber**

1. Combine vinegar, water, sugar, and salt in a medium bowl, stirring until sugar and salt dissolve. Add carrot and radish; toss well. Let stand 30 minutes, stirring occasionally. Drain; stir in cilantro.

2. Meanwhile, cut tofu crosswise into 6 (⅔-inch-thick) slices. Arrange tofu on several layers of paper towels. Cover with additional paper towels; top with a cast-iron skillet or other heavy pan. Let stand 15 minutes. Remove tofu from the paper towels.

3. Combine lemongrass, 2 tablespoons water, soy sauce, and 1 teaspoon sesame oil in a 13- x 9–inch glass or ceramic baking dish. Arrange tofu slices in a single layer in soy mixture, turning to coat. Let stand 15 minutes.

4. Whisk together remaining 1 teaspoon sesame oil, mayonnaise, and Sriracha in a small bowl. Spread mayonnaise mixture evenly on cut sides of bread.

5. Heat a large nonstick skillet over medium-high. Spray pan with cooking spray. Remove tofu from marinade, and discard marinade. Pat tofu slices dry with paper towels. Add tofu slices to pan, and cook 4 minutes on each side or until crisp and golden. Arrange tofu slices on bottom half of bread; top tofu evenly with carrot mixture and cucumber slices. Add top half of bread and cut loaf crosswise into 6 equal pieces.

SERVES 6 (serving size: 1 sandwich) **CALORIES** 270; **FAT** 8g (sat 1g, unsat 6g); **PROTEIN** 13g; **CARB** 37g; **FIBER** 3g; **SUGARS** 6g (added sugars 2g); **SODIUM** 565mg; **CALC** 7% DV; **POTASSIUM** 4% DV

Classic Pad Thai

HANDS-ON: 35 MIN. **TOTAL:** 35 MIN

Thailand's famous and endlessly adaptable stir-fried noodle dish is like a warm salad—full of flavor, texture, and color.

- **6 oz. uncooked flat rice noodles (pad Thai noodles)**
- **¼ cup rice vinegar**
- **1 Tbsp. plus 1 tsp. sugar, divided**
- **2 Tbsp. very thinly sliced banana pepper**
- **3 oz. extra-firm tofu, cut into thin strips**
- **1 Tbsp. fresh lime juice**
- **1 Tbsp. water**
- **1 Tbsp. lower-sodium soy sauce**
- **1 Tbsp. fish sauce**
- **2 large eggs, lightly beaten**
- **⅛ tsp. salt**
- **3 Tbsp. peanut oil, divided**
- **3 garlic cloves, minced**
- **1 (2-oz.) boneless, skinless chicken thigh, cut into thin strips**
- **4 cups fresh bean sprouts, divided**
- **3 scallions, trimmed, crushed with flat side of a knife, and cut into 1½-in. pieces**
- **1 Tbsp. small dried shrimp**
- **¼ cup unsalted, dry-roasted peanuts, chopped**
- **¼ cup fresh cilantro leaves**
- **Lime wedges (optional)**

1. Prepare noodles according to package directions; drain.

2. Stir together vinegar and 1 tablespoon sugar, stirring until sugar dissolves. Add banana pepper; set aside.

3. Place tofu on several layers of heavy-duty paper towels; cover with additional paper towels. Let stand 20 minutes, pressing down occasionally.

4. Whisk together remaining 1 teaspoon sugar, lime juice, water, soy sauce, and fish sauce. Whisk together eggs and salt.

5. Heat a large wok over high heat. Add 1½ tablespoons oil; swirl to coat. Add garlic; stir-fry 15 seconds. Add chicken; stir-fry 2 minutes or until browned. Add pressed tofu; cook 1 minute on each side or until browned. Pour in egg mixture; cook 45 seconds or until egg begins to set around chicken and tofu. Remove from pan; cut into large pieces.

6. Add 1½ tablespoons oil to wok; swirl to coat. Add 2 cups bean sprouts, scallions, and dried shrimp; stir-fry 1 minute. Add noodles and soy sauce mixture; stir-fry 2 minutes, tossing until noodles are lightly browned. Add reserved egg mixture; toss to combine. Arrange 2 cups bean sprouts on a platter; top with noodle mixture. Sprinkle with peanuts and cilantro. Serve with vinegar mixture; garnish with lime wedges, if desired.

SERVES 4 (serving size: ½ cup bean sprouts, 1½ cups noodle mixture, and 1½ Tbsp. vinegar sauce) **CALORIES** 432; **FAT** 19g (sat 4g, unsat 14g); **PROTEIN** 14g; **CARB** 53g; **FIBER** 4g; **SUGARS** 10g (added sugars 4g); **SODIUM** 649mg; **CALC** 8% DV; **POTASSIUM** 8% DV

DRIED SHRIMP

Also known as bazun-chauk (Myanmar), and ebi (Indonesia), sun-dried small shrimp provide a layer of umami (savory) flavor in Southeast Asian cooking. They're often tossed into simmering dishes to rehydrate and release their flavors, but sometimes the dried shrimp are just added whole. They can even be ground to a powder and sprinkled like salt as a seasoning.

CLASSIC
PAD THAI

TURKEY
PHO

Turkey Pho

HANDS-ON: 29 MIN **TOTAL:** 1 HR 6 MIN

Pho is a popular Vietnamese soup dish consisting of broth, rice noodles, herbs, and meat or poultry. This version is a good way to use up your turkey leftovers.

- **8 cups unsalted chicken stock**
- **3 Tbsp. fish sauce**
- **2 tsp. brown sugar**
- **6 whole cloves**
- **4 star anise**
- **1 (3-in.) cinnamon stick, broken**
- **1 (3-in.) piece fresh ginger, halved**
- **4 oz. uncooked wide rice stick noodles (banh pho)**

Cooking spray

- **1 medium onion, peeled and halved**
- **3 cups shredded cooked dark-meat turkey**
- **2 cups fresh bean sprouts**
- **⅓ cup thinly sliced scallions**
- **¼ cup thinly sliced fresh Thai basil**
- **¼ cup chopped fresh cilantro**
- **¼ tsp. salt**
- **½ cup fresh cilantro sprigs**
- **½ cup fresh mint sprigs**
- **8 lime wedges**
- **1 jalapeño chile, seeded and thinly sliced**

Hoisin sauce (optional)

Sriracha (hot chile sauce) (optional)

1. Combine chicken stock, fish sauce, brown sugar, cloves, star anise, cinnamon, and ginger in a large stockpot over medium-high; bring to a boil. Reduce heat, and simmer 30 minutes. Strain broth through a sieve into a large bowl; discard solids. Return broth to pan; keep warm.

2. Cook noodles according to package directions, omitting salt and fat.

3. Heat a grill pan over medium-high. Spray pan with cooking spray. Add onion; cook 8 minutes or until charred on each side. Remove from heat; cool slightly. Slice onion thinly; add to broth.

4. Add turkey, bean sprouts, scallions, basil, chopped cilantro, and salt to pan; bring to a boil. Cook 2 minutes or until thoroughly heated. Place noodles in shallow bowls. Ladle broth mixture over noodles. Serve with cilantro, mint, lime wedges, and jalapeño. Serve with hoisin and Sriracha, if desired.

SERVES 6 (serving size: ½ cup noodles and 1⅓ cups broth mixture) **CALORIES** 256; **FAT** 5g (sat 1g, unsat 3g); **PROTEIN** 28g; **CARB** 24g **FIBER** 2g; **SUGARS** 6g (added sugars 1g); **SODIUM** 1,093mg **CALC** 5% DV; **POTASSIUM** 7% DV

Chicken Coconut Soup (Tom Kha Gai)

HANDS-ON: 25 MIN. **TOTAL:** 32 MIN

In this simplified tom kha gai, ginger stands in for galangal and Persian lime for kaffir lime. The coconut milk tames the heat of the Thai chile paste and gives the soup a velvety texture.

- **2 tsp. canola oil**
- **1 cup sliced mushrooms**
- **½ cup chopped red bell pepper**
- **4 tsp. minced fresh ginger**
- **4 garlic cloves, minced**
- **1 (3-in.) stalk lemongrass, halved lengthwise**
- **2 tsp. sambal oelek (ground fresh chile paste)**
- **3 cups low-sodium chicken broth**
- **1¼ cups light coconut milk**
- **4 tsp. fish sauce**
- **1 Tbsp. sugar**
- **2 cups shredded cooked chicken breast**
- **½ cup scallion strips**
- **3 Tbsp. chopped fresh cilantro**
- **2 Tbsp. fresh lime juice**

Heat a Dutch oven over medium. Add oil to pan; swirl to coat. Add mushrooms, bell pepper, ginger, garlic, and lemongrass; cook 3 minutes, stirring occasionally. Add sambal oelek; cook 1 minute. Add chicken broth, coconut milk, fish sauce, and sugar; bring to a simmer. Reduce heat to low; simmer 10 minutes. Add chicken to pan; cook 1 minute or until thoroughly heated. Discard lemongrass. Top with scallions, cilantro, and juice.

SERVES 4 (serving size: about 1⅓ cups) **CALORIES** 237; **FAT** 10g (sat 4g, unsat 4g); **PROTEIN** 24g; **CARB** 16g **FIBER** 2g; **SUGARS** 7g (added sugars 3g); **SODIUM** 830mg **CALC** 4% DV; **POTASSIUM** 11% DV

Masaman Curry

HANDS-ON: 21 MIN **TOTAL:** 1 HR 26 MIN

This fragrant yellow curry took shape when medieval Muslim spice traders carried coriander, cumin, and other spices to Thailand. Thai cooks vary the dry spices, but most renditions of this curry include lemongrass and coconut milk for its signature flavor and aroma. Serve it over jasmine rice to soak up the rich sauce.

- **1 tsp. cumin seeds**
- **1 tsp. coriander seeds**
- **½ tsp. ground cinnamon**
- **½ tsp. ground nutmeg**
- **3 large dried New Mexico chiles, halved lengthwise, seeded, and torn into large pieces**
- **2 cardamom pods**
- **2 Tbsp. chopped fresh lemongrass**
- **1 Tbsp. chopped fresh ginger**
- **3 garlic cloves, halved**
- **1 (14-oz.) can lower-sodium beef broth, divided**
- **2 tsp. peanut oil**
- **3 cups thinly vertically sliced onion**
- **1 lb. boneless sirloin steak, trimmed and cut into 1-in. cubes**
- **1 cup water**
- **1 Tbsp. tamarind paste**
- **¾ tsp. salt**
- **1 lb. small white potatoes, halved**
- **⅓ cup light coconut milk**

Chopped fresh cilantro (optional)

The flavorful part of lemongrass is the lower part of the stalks, and it is usually sold with the leaves and upper stalks removed. Look for lemongrass that is firm and pale yellow-green with a bit of a bulb at the end. Store it loosely wrapped in the refrigerator for up to three weeks, or wrap it well and store in the freezer.

1. Heat a large nonstick skillet over medium. Add cumin, coriander, cinnamon, nutmeg, chiles, and cardamom; cook 2 minutes or until fragrant, stirring frequently. Remove from heat; cool 5 minutes. Place spice mixture in a food processor; add lemongrass, ginger, garlic, and ¼ cup broth. Process 1 minute, scraping sides occasionally; set aside.

2. Heat a Dutch oven over medium. Add oil to pan; swirl to coat. Add onion; cook 3 minutes or until tender, stirring occasionally. Stir in spice mixture; cook 1 minute, stirring constantly. Add beef, and cook 3 minutes, stirring frequently. Stir in remaining broth and 1 cup water, scraping pan to loosen browned bits. Stir in tamarind paste, salt, and potatoes; bring to a simmer. Cover, reduce heat, and simmer 1 hour or until beef is very tender. Remove from heat; stir in coconut milk. Sprinkle with cilantro, if desired.

SERVES 8 (serving size: about ¾ cup) **CALORIES** 253 **FAT** 9g (sat 3g, unsat 5g); **PROTEIN** 20g, **CARB** 23g; **FIBER** 3g, **SUGARS** 4g (added sugars 0g) **SODIUM** 376mg; **CALC** 6% DV; **POTASSIUM** 16% DV

Indonesian Stir-Fried Noodles (Bakmi Goreng)

HANDS-ON: 28 MIN. **TOTAL:** 35 MIN

Kecap manis is the key to flavor in this classic noodle bowl. It's a popular condiment in Indonesia—like a sweet soy sauce but as thick as molasses. If you can't find it, pull together a homemade version by mixing together 1 part molasses, 2 parts brown sugar, and 3 parts soy sauce along with a little crushed garlic and ground star anise, then heat the mixture until the sugars dissolve.

- **3 Tbsp. peanut oil, divided**
- **2 large eggs, lightly beaten**
- **6 oz. dried Chinese egg noodles or spaghetti**
- **6 oz. boneless, skinless chicken breast, thinly sliced**
- **4 oz. boneless pork loin chop, sliced**
- **2 garlic cloves, minced**
- **2 cups thinly sliced napa cabbage**
- **¾ cup sliced scallions**
- **1 celery stalk, thinly sliced**
- **3 Tbsp. fat-free, lower-sodium chicken broth**
- **1 Tbsp. kecap manis (sweet soy sauce)**
- **1 Tbsp. lower-sodium soy sauce**
- **½ cup packaged fried onions**

1. Heat a large nonstick skillet over medium-high. Add 1 tablespoon oil; swirl to coat. Pour eggs into pan; swirl to form a thin omelet. Cook 1 minute or until cooked on bottom. Carefully turn omelet over; cook 30 seconds. Remove from pan. Roll up omelet; cut roll crosswise into thin strips. Keep warm.

2. Cook noodles according to package directions. Drain and rinse with cold water; drain and set aside.

3. Heat a wok over high. Add remaining 2 tablespoons oil to pan; swirl to coat. Add chicken, pork, and garlic; stir-fry 1½ minutes. Add cabbage, scallions, and celery; stir-fry 1 minute. Stir in broth, kecap manis, and soy sauce. Add noodles; stir-fry 3 minutes or until thoroughly heated and noodles begin to lightly brown. Add egg; toss gently. Top with fried onions. Serve immediately.

SERVES 4 (serving size: 1½ cups) **CALORIES** 421, **FAT** 21g (sat 6g, unsat 11g); **PROTEIN** 24g; **CARB** 33g; **FIBER** 2g, **SUGARS** 3g (added sugars 2g); **SODIUM** 534mg; **CALC** 8% DV; **POTASSIUM** 8% DV

INDONESIAN
STIR-FRIED
NOODLES
(BAKMI GORENG)

LEMONGRASS SHRIMP OVER RICE VERMICELLI AND VEGETABLES (BUN TOM NUONG XA)

Lemongrass Shrimp over Rice Vermicelli and Vegetables (Bun Tom Nuong Xa)

HANDS-ON: 37 MIN **TOTAL:** 1 HR 57 MIN

Think of this Vietnamese noodle salad as a deconstructed spring roll. Cucumber, carrots, and mung bean sprouts lend crunch. Grilled shrimp is the crowning touch. The sauce, called nuoc cham, shows up at almost every Vietnamese meal for drizzling over rice, noodles, and grilled meats.

SHRIMP

- **⅓ cup Thai fish sauce**
- **¼ cup sugar**
- **2 Tbsp. finely chopped fresh lemongrass**
- **1 Tbsp. canola oil**
- **2 garlic cloves, minced**
- **32 large peeled, deveined raw shrimp (about 1½ lb.)**

SAUCE

- **1 cup fresh lime juice**
- **¾ cup shredded carrot**
- **½ cup sugar**
- **¼ cup Thai fish sauce**
- **2 garlic cloves, minced**
- **2 red Thai chiles, seeded and minced**

SHALLOT OIL

- **¼ cup canola oil**
- **¾ cup thinly sliced shallots**

REMAINING INGREDIENTS

- **8 oz. uncooked rice vermicelli noodles**
- **3½ cups shredded Boston lettuce, divided**
- **2 cups fresh bean sprouts, divided**
- **1¾ cups shredded carrot, divided**
- **1 medium cucumber, halved lengthwise, seeded, thinly sliced, and divided**
- **½ cup fresh mint leaves**
- **½ cup unsalted dry-roasted peanuts, finely chopped**

1. Prepare the shrimp: Combine ⅓ cup fish sauce, ¼ cup sugar, lemongrass, canola oil, 2 garlic cloves, and shrimp in a large ziplock plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally. Remove shrimp from bag; discard marinade.

2. Prepare the sauce: Whisk together lime juice, ¾ cup carrot, ½ cup sugar, ¼ cup fish sauce, 2 garlic cloves, and chiles until sugar dissolves. Set aside.

3. Prepare the shallot oil: Heat ¼ cup oil in a small saucepan over medium. Add shallots; cook 5 minutes or until golden brown. Strain shallot mixture through a sieve over a bowl. Reserve oil. Set fried shallots aside.

4. Prepare the remaining ingredients: Place rice vermicelli in a large bowl; cover with boiling water. Let stand 20 minutes. Drain. Combine noodles, shallot oil, 1¾ cups lettuce, 1 cup sprouts, 1 cup carrot, and ¾ cup cucumber, tossing well.

5. To cook shrimp, preheat grill to medium-high (400°F to 450°F). Place shrimp on oiled grates; grill, uncovered, 2½ minutes on each side or until done.

6. Place noodle mixture in bowls; top with shrimp, sauce, and shallots. Serve with remaining lettuce, bean sprouts, carrot, cucumber, mint, and peanuts.

SERVES 8 (serving size: ¾ cup noodle mixture, 4 shrimp, 3 Tbsp. sauce, about 1 Tbsp. shallots, about ¼ cup lettuce, ¼ cup bean sprouts, 3 Tbsp. carrot, 2 cucumber slices, 1 Tbsp. mint, and 1 Tbsp. peanuts) **CALORIES** 407; **FAT** 14g (sat 1g, unsat 11g); **PROTEIN** 19g; **CARB** 55g; **FIBER** 4g; **SUGARS** 22g (added sugars 16g); **SODIUM** 1,053mg; **CALC** 11% DV; **POTASSIUM** 13% DV

Vietnamese Salt and Pepper Shrimp Noodle Bowl

HANDS-ON: 45 MIN. **TOTAL:** 45 MIN

This complete meal stretches the main protein (shrimp) with lettuce, cucumbers, herbs, and nuts. The bold flavor comes from nuoc cham, Vietnam's go-to sauce for dipping and drizzling that's sweet, sour, salty, hot, and savory all at once.

- **5 oz. uncooked rice vermicelli noodles**
- **½ cup lukewarm water**
- **3 Tbsp. granulated sugar**
- **¼ cup fresh lime juice**
- **1 Tbsp. rice vinegar**
- **5 tsp. fish sauce**
- **2 serrano chiles, thinly sliced**
- **4 cups (¼-in.) slices green leaf lettuce**
- **3 cups diagonally cut slices seeded Kirby (pickling) cucumber**
- **¼ cup fresh cilantro leaves**
- **¼ cup torn fresh Thai basil leaves**
- **¼ cup torn fresh mint leaves**
- **2 tsp. cornstarch**
- **1 tsp. dark brown sugar**
- **¼ tsp. salt**
- **¾ tsp. white pepper**
- **1 lb. large peeled, deveined raw shrimp**
- **2 Tbsp. canola oil, divided**
- **⅓ cup sliced scallions**
- **3 garlic cloves, finely chopped**
- **½ cup unsalted, dry-roasted peanuts, coarsely chopped**

1. Cook rice vermicelli noodles according to package directions. Drain and rinse with cold water; drain.

2. Combine ½ cup lukewarm water and granulated sugar in a medium bowl, stirring until sugar dissolves. Add lime juice, vinegar, fish sauce, and chiles; set aside. Combine lettuce, cucumber, and herbs; set aside.

3. Combine cornstarch, brown sugar, salt, and pepper in a large bowl; stir until well combined. Add shrimp, and toss to coat. Heat a wok or large skillet over high. Add 1½ teaspoons oil to pan; swirl to coat. Add half of shrimp; cook 1½ minutes on each side or until shrimp are seared. Remove from pan. Add 1½ teaspoons oil to wok; swirl to coat. Repeat procedure with remaining shrimp. Reduce heat to medium-high. Add remaining tablespoon oil to wok; swirl to coat. Add scallions and garlic; stir-fry 30 seconds. Return shrimp to pan; stir-fry 1 minute.

4. Arrange lettuce mixture in large bowls, and top with noodles and peanuts. Divide shrimp evenly among bowls, and serve each with ¼ cup sauce.

SERVES 4 (serving size: 1 cup lettuce mixture, about 1 cup noodles, 2 Tbsp. peanuts, 4 oz. shrimp, and ¼ cup sauce) **CALORIES** 463; **FAT** 18g (sat 2g, unsat 13g); **PROTEIN** 25g; **CARB** 53g; **FIBER** 5g; **SUGARS** 14g (added sugars 11g); **SODIUM** 802mg; **CALC** 15% DV; **POTASSIUM** 13% DV

RICE VERMICELLI

Strands, ribbons, and nests of Asian noodles are made from a variety of starches, but most Southeast Asian noodles consist of rice. The thin, delicate strands of white rice noodles known as rice vermicelli are usually packaged in brick-like nests and may be labeled banh hoi, bee hoon, sen mee, or mai fun. Similar noodles labeled rice sticks may be thinner or thicker and packaged in longer, narrower nests or as straight, individual sticks. Either way, rice noodles are typically soaked in hot water for 15 to 30 minutes.

Chicken Larb

HANDS-ON: 27 MIN. **TOTAL:** 27 MIN

Also known as lahb, larb is a minced meat salad and the national dish of Laos. Some Lao and Thai versions include fish sauce and some favor mint over cilantro (some use both), but the core of the dish remains a chopped salad of lightly spiced pork, beef, chicken, or duck brightened with fresh herbs.

- **2 Tbsp. red curry paste**
- **1 lb. boneless, skinless chicken breast halves**
- **½ tsp. salt**
- **1 Tbsp. canola oil**
- **⅓ cup chopped English cucumber**
- **¼ cup finely chopped shallots**
- **3 Tbsp. chopped fresh cilantro**
- **2 Tbsp. fresh lime juice**
- **8 cabbage leaves**
- **Thai chile paste (optional)**

Place curry paste, chicken, and salt in a food processor; process until smooth. Heat a large skillet over medium-high. Add oil to pan; swirl to coat. Add chicken to pan; cook 6 minutes or until done, stirring to crumble. Remove pan from heat; stir in cucumber, shallots, cilantro, and lime juice. Place 2 cabbage leaves on each of 4 plates; divide chicken mixture evenly among leaves. Serve with chile paste, if desired.

SERVES 4 (serving size: 2 filled cabbage leaves) **CALORIES** 185; **FAT** 7g (sat 1g, unsat 4g); **PROTEIN** 26g; **CARB** 4g; **FIBER** 1g, **SUGARS** 1g (added sugars 0g), **SODIUM** 485mg, **CALC** 2% DV; **POTASSIUM** 9% DV

Adobo Chicken

HANDS-ON: 24 MIN. **TOTAL:** 56 MIN

In Spain and Mexico, adobo is a seasoning, but in the Philippines, it's an ancient method of stewing meat slowly in vinegar. Use coconut vinegar, if you can find it, or distilled white vinegar works well, too. Soy sauce, honey, garlic, bay leaves, and black pepper round out the stew's sweet-and-sour flavors. For a quick go-with, slice a few calamondin (kalamansi), tangy tangerines native to the Philippines, or just a few wedges of navel orange.

- **1 Tbsp. canola oil**
- **8 (4-oz.) bone-in, skinless chicken thighs**
- **2 cups chopped onion**
- **5 garlic cloves, minced**
- **6 Tbsp. lower-sodium soy sauce**
- **3 Tbsp. water**
- **3 Tbsp. white vinegar**
- **2 Tbsp. honey**
- **½ tsp. black pepper**
- **1 bay leaf**
- **3 cups cooked long-grain rice**

1. Heat a large nonstick skillet over medium-high. Add oil to pan; swirl to coat. Add chicken; cook 4 minutes on each side or until browned. Remove chicken from pan. Add onion to pan; cook 3 minutes, stirring frequently. Add garlic; cook 1 minute.

2. Return chicken to pan. Add soy sauce, water, vinegar, honey, pepper, and bay leaf; bring to a boil. Reduce heat to medium; cover and cook 12 minutes. Uncover and cook 20 minutes or until chicken is done and sauce thickens. Discard bay leaf. Serve over rice.

SERVES 4 (serving size: 2 thighs, ¾ cup rice, and about 6 Tbsp. sauce) **CALORIES** 503; **FAT** 15g (sat 3g, unsat 10g); **PROTEIN** 38g; **CARB** 52g, **FIBER** 2g; **SUGARS** 11g (added sugars 8g); **SODIUM** 998mg, **CALC** 5% DV; **POTASSIUM** 11% DV

ADOBO CHICKEN

Flavors of Southeast Asia

CILANTRO Leaves of the coriander plant; used mostly fresh and whole.

CHILE PASTE Heat source; includes Indonesia's sambal oelek, Thailand's nam prik, and Vietnam's tuong ot toi, among others. (Note that Sriracha is not a traditional Vietnamese chile paste but a modern Chinese-Vietnamese hybrid.)

COCONUT Provides richness and tropical aromas. May be freshly grated, simmered to make coconut "milk," pressed for its rich oil, made into vinegar, or sipped as nutrient-dense coconut "water."

FISH SAUCE Primary seasoning and source of umami (savory) flavor; made from salted, fermented fish.

GINGER Rhizome (underground stem) with pungent, floral aroma; used fresh and cooked.

KECAP MANIS Thick, sweet soy sauce that provides salty and umami flavors.

LEMONGRASS Lends refreshing citron and lemon scents; used whole and chopped.

LIME Along with citrons, provides sourness; kaffir lime is used mostly for its bitter leaves.

MINT Fresh, whole leaves provide clean, bracing taste and aroma. Sometimes combined with Thai basil to add anise and citrus aromas.

SHALLOTS More common than onions; often fried, caramelized, ground to a paste, sliced fresh for salads, or infused into shallot oil for drizzling.

Beef Satay with Peanut Dipping Sauce

HANDS-ON: 42 MIN. **TOTAL:** 9 HR. 57 MIN

Singapore, Malaysia, and Thailand all have different versions of these grilled skewers, often sold at street carts with peanut sauce for dipping. Serve the skewers with wedges of cucumber, galangal, or raw onions.

- 3 Tbsp. palm sugar or brown sugar
- ¼ cup water, divided
- 1 tsp. tamarind paste
- 1 Tbsp. coriander seeds
- ½ tsp. cumin seeds
- ¼ tsp. fennel seeds
- 2 Tbsp. chopped fresh galangal or 4 tsp. chopped fresh ginger
- 4 tsp. chopped fresh lemongrass
- 4 shallots, coarsely chopped
- 3 macadamia nuts
- 1 garlic clove, chopped
- 1 fresh red chile, chopped
- ½ tsp. ground turmeric
- ½ tsp. salt
- 2 lb. rib-eye steak, trimmed and cut into (¼ x 1-in.) strips
- 1 Tbsp. canola oil

Peanut Dipping Sauce (right)

1. Place sugar and 2 tablespoons water in a small saucepan over low; cook 8 minutes or until sugar dissolves. Strain through a fine sieve over a bowl; discard solids. Cool completely. Combine tamarind paste with remaining 2 tablespoons water, stirring until smooth. Combine sugar mixture and tamarind mixture in a large ziplock plastic bag; seal. Set aside.

2. Heat a small skillet over medium-high. Add coriander, cumin, and fennel seeds; cook 2 minutes, shaking pan occasionally. Cool. Place mixture in a spice or coffee grinder, and process until finely ground. Place galangal, lemongrass, shallots, macadamia nuts, garlic clove, and red chile in a food processor; process until finely chopped.

3. Add galangal mixture, coriander mixture, turmeric, and salt to sugar mixture in bag; seal. Knead to combine. Add beef to bag, turning to coat; seal. Marinate in refrigerator 1 hour, turning twice. Add oil to bag, turning to coat; seal. Marinate in refrigerator overnight, turning occasionally.

4. Preheat grill to medium-high (400°F to 450°F).

5. Remove beef from bag; discard marinade. Thread beef evenly onto each of 32 (8-inch) skewers. Place skewers on oiled grates. Grill 1 minute on each side or until desired degree of doneness. Serve with Peanut Dipping Sauce.

SERVES 8 (serving size: 4 skewers and about 2 Tbsp. sauce) **CALORIES** 327 **FAT** 20g (sat 6g, unsat 11g); **PROTEIN** 27g; **CARB** 10g **FIBER** 2g **SUGARS** 7g (added sugars 5g); **SODIUM** 186mg **CALC** 3% DV; **POTASSIUM** 10% DV

Peanut Dipping Sauce

HANDS-ON: 14 MIN. **TOTAL:** 1 HR. 14 MIN

- 4 dried hot red chiles
- ½ cup unsalted, dry-roasted peanuts
- 2 tsp. chopped fresh galangal or 1½ tsp. chopped fresh ginger
- 1½ tsp. chopped fresh lemongrass
- 1 tsp. fish sauce
- 1 garlic clove, chopped
- 1 shallot, chopped
- 1 Tbsp. vegetable oil
- ¾ cup water
- 5 tsp. brown sugar
- 2 tsp. tamarind paste
- ½ tsp. rice vinegar
- ¼ tsp. salt

1. Place chiles in a bowl, and cover with hot water. Let stand 30 minutes or until tender. Drain. Place chiles, ½ cup peanuts, galangal, lemongrass, fish sauce, garlic, and shallot in a food processor; process until finely chopped.

2. Heat a medium saucepan over medium-high. Add oil to pan; swirl to coat. Add chile mixture; cook 1 minute, stirring constantly. Add ¾ cup water, brown sugar, tamarind paste, vinegar, and salt; bring to a boil. Reduce heat; simmer 4 minutes, stirring occasionally. Let stand 30 minutes.

SERVES 8 (serving size: about 2 Tbsp.) **CALORIES** 88 **FAT** 6g (sat 1g unsat 5g); **PROTEIN** 3g; **CARB** 7g **FIBER** 1g, **SUGARS** 4g (added sugars 2g); **SODIUM** 134mg, **CALC** 1% DV **POTASSIUM** 3% DV

The dried fruit pods of an Asian shade tree, tamarind tastes slightly sweet but mostly sour because it contains 12 percent tartaric acid. That acidic flavor is key to countless Southeast Asian sauces and Indian curries.

MIDDLE EAST/ AFRICA

Wander through a North African or Middle Eastern bazaar, and piney caraway, gingery cardamom, and citrusy coriander will engulf your senses. Red saffron and golden turmeric radiate the color of fire. The sun-baked flavors of the Middle East and Africa come alive in signature spice blends and pastes like harissa, dukkah, za'atar, ras el hanout, and berbere.

Moroccan Pumpkin Soup (Chorbat al Qara'a)

HANDS-ON 25 MIN. **TOTAL** 25 MIN

Dishes in Morocco tend to be heavily spiced, and this soup is no exception. It features ras el hanout, a "top of the shop" spice blend of the merchant's best spices. Ras el hanout is a classic seasoning for grilled lamb, tagines, and couscous, so keep the extras in a tightly sealed jar for later use. Pumpkin is traditional for this soup, but if you can't find it, butternut squash works well, too.

- **3½ cups (1-in.) cubed peeled fresh pumpkin or butternut squash (about 1¼ lb.)**
- **2 cups organic vegetable broth**
- **1¼ cups diced yellow onion**
- **1 cup water**
- **1 tsp. Ras el Hanout (right)**
- **¾ tsp. kosher salt**
- **½ tsp. ground coriander**
- **½ cup whole milk**
- **1 Tbsp. butter**
- **8 tsp. plain whole-milk yogurt**
- **¼ cup chopped fresh cilantro**

1. Combine cubed pumpkin, vegetable broth, onion, water, Ras el Hanout, salt, and coriander in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender.

2. Place half of squash mixture in a blender. Secure lid on blender, and remove center piece to allow steam to escape. Place a clean towel over opening. Process until smooth. Pour pureed mixture into a large bowl. Repeat procedure with remaining squash mixture. Return pureed mixture to pan over low. Add milk and butter to pan; cook 3 minutes or until thoroughly heated. Serve with yogurt and cilantro.

SERVES 8 (serving size: about ⅔ cup soup, 1 tsp. yogurt, and 1½ tsp. cilantro) **CALORIES** 71, **FAT** 2g (sat 1g, unsat 1g), **PROTEIN** 2g, **CARB** 12g **FIBER** 2g, **SUGARS** 4g (added sugars 0g), **SODIUM** 440mg, **CALC** 6% DV, **POTASSIUM** 6% DV

Ras el Hanout

HANDS-ON 5 MIN **TOTAL** 5 MIN

- **2½ tsp. kosher salt**
- **2 tsp. ground cumin**
- **2 tsp. ground ginger**
- **2 tsp. freshly ground black pepper**
- **1½ tsp. ground cinnamon**
- **1 tsp. ground coriander**
- **1 tsp. cayenne pepper**
- **1 tsp. ground allspice**
- **1 tsp. saffron threads, crushed**
- **½ tsp. ground cloves**
- **¼ tsp. freshly ground nutmeg**

Stir together all ingredients in a small bowl. Store in an airtight container for up to 1 month.

SERVES 48 (serving size: ¼ tsp.) **CALORIES** 2, **FAT** 0g (sat 0g, unsat 0g) **PROTEIN** 0g, **CARB** 0g **FIBER** 0g **SUGARS** 0g (added sugars 0g), **SODIUM** 123mg, **CALC** 0% DV **POTASSIUM** 0% DV

Baba Ghanoush

HANDS-ON 16 M.N **TOTAL** 1 HR 31 MIN

In Lebanon, roasted eggplant mashed with tahini (sesame paste), garlic, and lemon juice is called baba ghanoush. In Syria, they call it moutabal. Some cooks replace the lemon juice with pomegranate molasses for a touch of sweetness. Either way, smoky flavor is essential to the dish. If you can broil or grill the eggplant until the skin blackens all over, you'll get a more authentic smoky flavor. This version includes a smidgen of mayonnaise for creaminess and to cut the strong flavor of the tahini.

- **1 large eggplant (about 1½ lb.)**

Cooking spray

- **¼ cup pine nuts, toasted**
- **¾ tsp. cumin seeds, toasted and crushed**
- **½ tsp. minced garlic**
- **3 Tbsp. fresh lemon juice**
- **2 Tbsp. low-fat mayonnaise**
- **2 Tbsp. tahini (roasted sesame seed paste)**
- **1 tsp. kosher salt**
- **¼ tsp. freshly ground black pepper**
- **3 Tbsp. chopped fresh parsley, plus more for garnish**

1. Preheat oven to 375°F.

2. Pierce eggplant several times with a fork; place on a foil-lined baking sheet sprayed with cooking spray. Bake in preheated oven for 45 minutes or until tender. Cut eggplant in half. Scoop out pulp; discard skins. Drain eggplant pulp in a colander 30 minutes.

3. Place pine nuts, cumin seeds, and garlic in a food processor; pulse until finely chopped. Add eggplant, lemon juice, mayonnaise, tahini, salt, and black pepper to food processor; process until smooth. Spoon eggplant mixture into a medium bowl; stir in chopped parsley. Garnish with parsley, if desired.

SERVES 8 (serving size: ¼ cup) **CALORIES** 76 **FAT** 5g (sat 1g, unsat 4g), **PROTEIN** 2g **CARB** 7g, **FIBER** 2g, **SUGARS** 3g (added sugars 0g), **SODIUM** 277mg, **CALC** 2% DV, **POTASSIUM** 5% DV

BABA
GHANOUSH

FISH IN COCONUT CURRY (MTUZI WA SAMAKI)

Fish in Coconut Curry (Mtuzi wa Samaki)

HANDS-ON 20 MIN. **TOTAL** 47 MIN

Tanzania sits at a crossroads in the spice trade routes from India. That's why Indian spices ended up in so many Tanzanian dishes like this fish curry. The dish originated in Zanzibar but is now enjoyed all over the eastern coast of Africa. Coconut milk enriches the curry and gives it a tropical flavor. Serve over boiled yuca, potatoes, or rice. Note that one large lemon, halved, will provide both the juice and wedges required for this recipe.

- **1 (1¼-lb.) skinless halibut or other firm white fish fillet**
- **1½ tsp. Madras curry powder, divided**
- **¾ tsp. salt, divided**
- **¼ tsp. freshly ground black pepper, divided**
- **1 Tbsp. canola oil**
- **1 cup finely chopped onion**
- **1 cup finely chopped red bell pepper**
- **2 tsp. minced fresh ginger**
- **3 garlic cloves, minced**
- **2¾ cups chopped tomato**
- **2 Tbsp. fresh lemon juice**
- **¾ cup light coconut milk**
- **4 lemon wedges**
- **Chopped fresh cilantro (optional)**

1. Sprinkle fish with ¾ teaspoon curry powder, ⅜ teaspoon salt, and ⅛ teaspoon black pepper.

2. Heat a large nonstick skillet over medium-high. Add oil to pan; swirl to coat. Add fish; cook 4 minutes or until deeply browned on bottom but undercooked on top (fish will finish cooking later in sauce). Remove fish from pan.

3. Add onion and bell pepper to pan; cook, stirring frequently, 4 minutes or until tender. Add ginger and garlic; cook 1 minute. Add remaining ¾ teaspoon curry powder, remaining ⅜ teaspoon salt, remaining ⅛ teaspoon black pepper, tomato, and lemon juice. Reduce heat to medium-low, and cook 10 minutes or until tomato breaks down, stirring occasionally. Mash tomato with a wooden spoon.

4. Stir in coconut milk. Return fish and accumulated juices to pan, browned side up. Reduce heat to low; cover and cook 8 minutes or until fish flakes easily when tested with a fork. Cut fish into 4 equal portions. Spoon sauce into individual, shallow bowls; top each with a piece of fish. Serve with lemon wedges and, if desired, chopped fresh cilantro.

SERVES 4 (serving size: ½ cup sauce, 5 oz. fish, and 1 lemon wedge) **CALORIES** 246 **FAT** 8g (sat 3g, unsat 5g); **PROTEIN** 29g; **CARB** 13g; **FIBER** 4g; **SUGARS** 7g (added sugars 0g); **SODIUM** 561mg; **CALC** 5% DV; **POTASSIUM** 23% DV

Cape Malay Curry

HANDS-ON 20 MIN **TOTAL** 2 HR 20 MIN

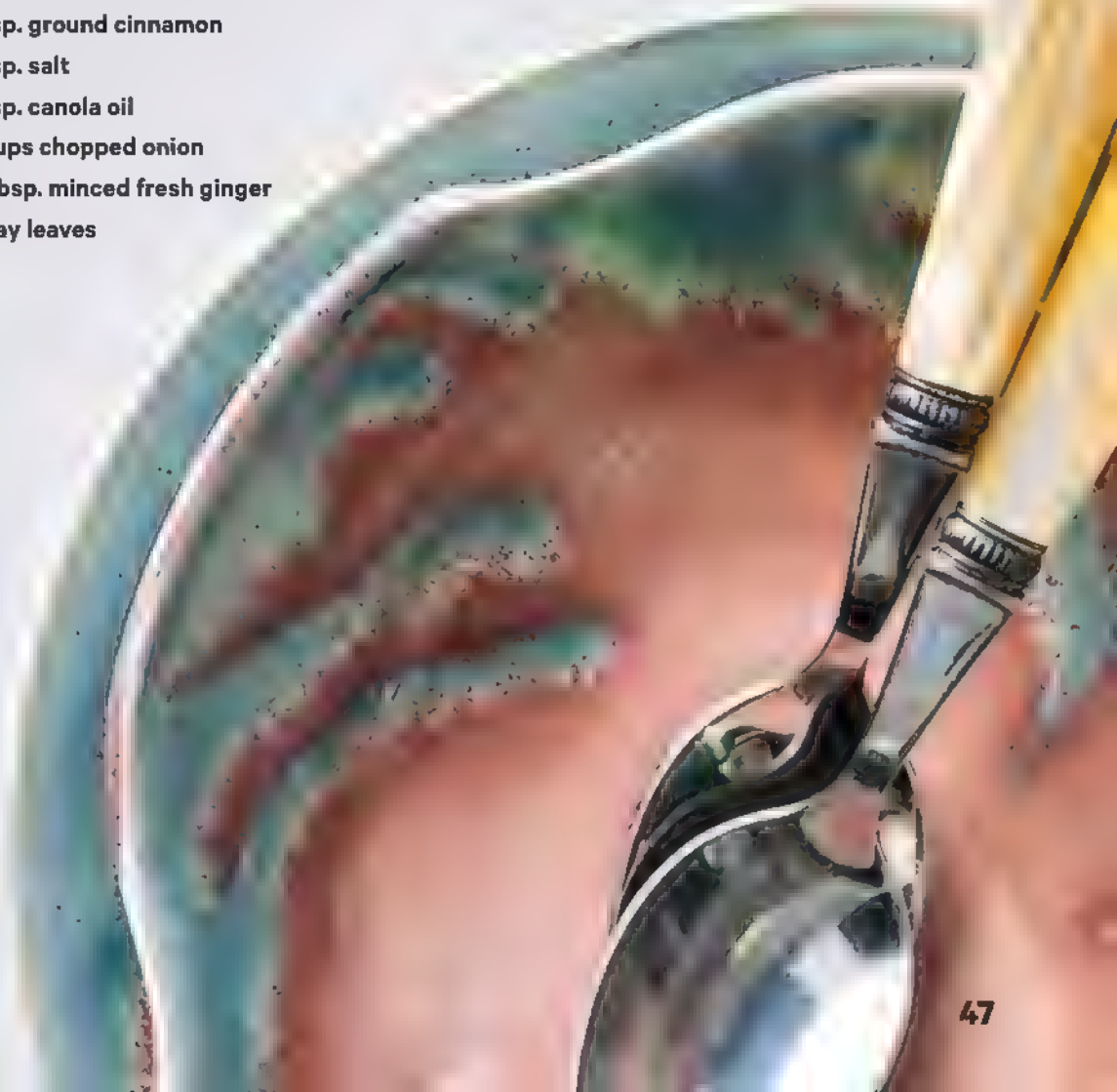
Beginning in the 17th century, enslaved people from Indonesia and India were brought to work the farms of Cape Town, South Africa. They came to be known as Cape Malays, and as a result of their influence, Malay curry dishes are now enjoyed all over South Africa. Cape Malay curry usually combines sweet and savory flavors like dried fruit (especially apricots), ginger, and cinnamon with savory garlic and onions. It's usually served with rice, but this beef stew also tastes great over mashed potatoes or egg noodles.

- **1½ tsp. ground turmeric**
- **1½ tsp. ground cumin**
- **1½ tsp. ground coriander**
- **1½ tsp. chili powder**
- **¾ tsp. ground cinnamon**
- **½ tsp. salt**
- **2 tsp. canola oil**
- **2 cups chopped onion**
- **1½ Tbsp. minced fresh ginger**
- **2 bay leaves**
- **1 garlic clove, minced**
- **1 lb. beef stew meat, cut into bite-size pieces**
- **1¼ cups fat-free, lower-sodium beef broth**
- **1 cup water**
- **1 cup chopped green bell pepper**
- **⅓ cup chopped dried apricots**
- **⅓ cup apricot spread**
- **2 tsp. red wine vinegar**
- **¼ cup low-fat buttermilk**

1. Stir together turmeric, cumin, coriander, chili powder, cinnamon, and salt in a small bowl, stirring well.

2. Heat a Dutch oven over medium-high. Add oil to pan; swirl to coat. Add spice mixture; cook 15 seconds, stirring constantly. Add onion; cook 2 minutes, stirring constantly. Add ginger, bay leaves, and garlic; cook 15 seconds. Add beef; cook 3 minutes, stirring constantly. Add broth, water, bell pepper, apricots, apricot spread, and vinegar; bring to a boil. Cover, reduce heat, and simmer 1½ hours. Uncover; discard bay leaves. Simmer 30 minutes or until beef is very tender. Remove from heat; stir in buttermilk.

SERVES 4 (serving size: 1¼ cups) **CALORIES** 308; **FAT** 8g (sat 2g, unsat 5g); **PROTEIN** 28g; **CARB** 33g; **FIBER** 4g; **SUGARS** 22g (added sugars 0g); **SODIUM** 589mg; **CALC** 8% DV; **POTASSIUM** 17% DV



Falafel-Stuffed Eggplant with Tahini Sauce and Tomato Relish

HANDS-ON 27 MIN **TOTAL** 59 MIN

Falafel is a popular Middle Eastern "fast food" made of a mixture of chickpeas (or fava beans), fresh herbs, and spices that are formed into small patties or balls. Here's a reimagining of the same elements—seasoned mashed chickpeas, tahini sauce, and tomato relish—stuffed into roasted eggplant instead of pita pockets.

TAHINI SAUCE

- **3 Tbsp. warm water**
- **2 Tbsp. tahini (roasted sesame seed paste)**
- **4 tsp. fresh lemon juice**
- **1 tsp. honey**
- **½ tsp. ground cumin**
- **1 garlic clove, minced**

EGGPLANT

- **2 eggplants (about 12 oz. each)**
- **Cooking spray**
- **¾ tsp. kosher salt, divided**
- **¼ cup chopped onion**
- **¼ cup fresh breadcrumbs**
- **¼ cup chopped fresh flat-leaf parsley**
- **1 Tbsp. tahini (roasted sesame seed paste)**
- **2 tsp. olive oil**
- **1½ tsp. ground cumin**
- **½ tsp. ground coriander**
- **¼ tsp. freshly ground black pepper**
- **¼ tsp. cayenne pepper**
- **2 large eggs**
- **2 garlic cloves, minced**
- **1 (15-oz.) can no-salt-added chickpeas (garbanzo beans), drained and rinsed**

RELISH

- **1 cup chopped seeded tomato**
- **½ cup chopped seeded peeled cucumber**
- **½ cup vertically sliced red onion**
- **½ cup coarsely chopped fresh flat-leaf parsley**
- **1 Tbsp. fresh lemon juice**
- **1 Tbsp. extra-virgin olive oil**

1. Prepare the sauce: Whisk together water, tahini, lemon juice, honey, cumin, and garlic in a small bowl; set aside.

2. Preheat oven to 475°F.

3. Prepare the eggplant: Slice eggplants in half lengthwise; score cut sides with a crosshatch pattern. Place eggplant halves, cut sides down, on a baking sheet sprayed with cooking spray. Bake in preheated oven for 7 minutes or until slightly tender and browned. Remove from oven; carefully scoop out pulp, leaving a ¾-inch shell. Reserve pulp for another use. Season cut sides evenly with ¼ teaspoon salt.

4. Place remaining ½ teaspoon salt, onion, breadcrumbs, parsley, tahini, olive oil, cumin, coriander, black pepper, cayenne pepper, eggs, garlic, and chickpeas in a food processor; process until smooth. Spoon ½ cup chickpea mixture into each eggplant shell. Bake in preheated oven for 25 minutes or until eggplant halves are tender and chickpea mixture is lightly browned.

5. Prepare the relish: Stir together tomato, cucumber, onion, parsley, lemon juice, and olive oil in a bowl. Place eggplant halves on plates. Top with relish and sauce.

SERVES 4 (serving size: 1 eggplant half, ¼ cup relish, and 1½ Tbsp. sauce) **CALORIES** 308; **FAT** 15g (sat 3g, unsat 11g); **PROTEIN** 12g; **CARB** 33g; **FIBER** 10g; **SUGARS** 10g (added sugars 1g); **SODIUM** 444mg; **CALC** 12% DV; **POTASSIUM** 18% DV

Spicy Red Lentil Stew (Mesir Wat)

HANDS-ON 22 MIN **TOTAL** 1 HR 10 MIN

Berbere, Ethiopia's signature spice blend, often includes garlic, ginger, coriander, fenugreek, and allspice in addition to a big pinch of ground chiles. Look for it on the spice aisle at the supermarket.

- **2 tsp. canola oil**
- **2 cups chopped red onion**
- **1 Tbsp. minced fresh ginger**
- **3 garlic cloves, minced**
- **3 Tbsp. tomato paste**
- **1½ Tbsp. berbere spice**
- **3 cups organic vegetable broth**
- **1 cup dried small red lentils**
- **¼ tsp. salt**
- **4 cups cooked basmati rice**
- **¼ cup finely chopped fresh cilantro**

1. Heat oil in a large Dutch oven over medium. Add onion to pan; cook 15 minutes or until tender, stirring occasionally. Add ginger and garlic; cook 5 minutes, stirring frequently. Stir in tomato paste and berbere spice; cook 1 minute, stirring to combine. Gradually whisk in broth until blended. Increase heat to medium-high; bring to a simmer.

2. Rinse lentils under cold water; drain. Add lentils to broth mixture; simmer, partially covered, 35 minutes or until lentils are tender, stirring occasionally. Stir in salt. Serve over rice, and sprinkle with cilantro.

SERVES 4 (serving size: 1 cup rice and 1 cup lentils) **CALORIES** 465; **FAT** 4g (sat 0g, unsat 3g); **PROTEIN** 18g **CARB** 89g; **FIBER** 8g; **SUGARS** 5g (added sugars 0g); **SODIUM** 791mg; **CALC** 5% DV; **POTASSIUM** 11% DV

SPICY RED
LENTIL STEW
(MESIR WAT)

LAMB AND CHICKPEA TAGINE

Lamb and Chickpea Tagine

HANDS-ON 23 MIN. **TOTAL** 1 HR. 15 MIN.

A Moroccan tagine is both a piece of cookware and a slow-cooked stew. Traditionally made of clay, the cookware consists of a shallow round base and a tall, cone-shaped lid. The stew develops a rich, concentrated flavor because the lid traps steam and sends it back down to the stew, eliminating the need for much added water. Tagines usually stew meat with vegetables or fruit and spices. Lamb is the most popular choice, and while couscous might seem the obvious go-with, Moroccan food expert Claudia Roden recommends serving it with bread, which is more traditional.

- 1 Tbsp. olive oil
- 1 lb. lamb stew meat
- 1 cup chopped onion
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ¼ tsp. ground cumin
- 5 garlic cloves, minced
- 1 Tbsp. tomato paste
- 2 tsp. honey
- 2½ cups fat-free, lower-sodium chicken broth
- ½ cup golden raisins
- 1 (15-oz.) can chickpeas (garbanzo beans), drained and rinsed
- ⅓ cup chopped pistachios
- 2 Tbsp. small fresh cilantro leaves (optional)

1. Heat a large saucepan over medium-high. Add oil to pan; swirl to coat. Add lamb; cook 4 minutes, turning to brown on all sides. Remove lamb with a slotted spoon.

2. Add onion, salt, pepper, and cumin to pan; cook 4 minutes, stirring occasionally. Add garlic; cook 1 minute, stirring constantly. Return lamb to pan; stir in tomato paste and honey. Cook 30 seconds, stirring constantly. Add broth, raisins, and chickpeas; bring to a boil. Reduce heat to medium, and cook 50 minutes or until lamb is tender, stirring occasionally. Sprinkle with pistachios and, if desired, cilantro.

SERVES 6 (serving size: about 1⅓ cup lamb mixture and 4 tsp. pistachios) **CALORIES** 410; **FAT** 16g (sat 4g, unsat 10g); **PROTEIN** 37g; **CARB** 31g; **FIBER** 5g; **SUGARS** 15g (added sugars 2g); **SODIUM** 960mg; **CALC** 8% DV; **POTASSIUM** 14% DV

Quick Lamb Kofta with Harissa Yogurt Sauce

HANDS-ON 20 MIN. **TOTAL** 20 MIN.

In the West, they're called meatballs. In the Middle East, they go by kofta. Sometimes the meat mixture gets formed onto skewers and grilled; sometimes it's simmered in spicy gravy. These easy kofta hail from Morocco and get pan-seared then served over saffron rice with a garlicky yogurt sauce.

- 1 (3½-oz.) bag boil-in-bag jasmine rice
- 1 tsp. saffron threads
- 2 Tbsp. thinly sliced scallions
- 2 Tbsp. minced fresh cilantro
- 2 Tbsp. grated onion
- ½ cup plus 2 Tbsp. plain 2% strained (Greek-style) yogurt, divided
- 4 tsp. minced garlic, divided
- 2 tsp. ground cumin, divided
- 2 tsp. ground coriander, divided
- 1 tsp. turmeric
- ¾ tsp. salt, divided
- ¼ tsp. freshly ground black pepper
- 1 lb. lean ground lamb

Cooking spray

- ¼ cup chopped bottled roasted red bell pepper
- ½ tsp. crushed red pepper

1. Cook jasmine rice and saffron in boiling water according to package directions for rice. Drain; fluff rice with a fork. Sprinkle with scallions.

2. While rice cooks, combine cilantro, onion, 2 tablespoons yogurt, 2 teaspoons garlic, 1 teaspoon cumin, 1 teaspoon coriander, turmeric, ½ teaspoon salt, ¼ teaspoon pepper, and lamb; shape into 12 oblong patties.

3. Heat a large nonstick skillet over medium-high. Spray pan with cooking spray. Add patties to pan; cook 10 minutes or until done, turning occasionally to brown on all sides.

4. Combine ½ cup yogurt, roasted red pepper, 1 teaspoon cumin, 1 teaspoon coriander, 2 teaspoons garlic, crushed red pepper, and ¼ teaspoon salt. Serve sauce with kofta and rice.

SERVES 4 (serving size: 3 patties, about ⅓ cup sauce, and about ½ cup rice) **CALORIES** 346; **FAT** 17g (sat 7g, unsat 8g); **PROTEIN** 25g; **CARB** 24g; **FIBER** 1g; **SUGARS** 2g (added sugars 0g); **SODIUM** 560mg; **CALC** 7% DV; **POTASSIUM** 8% DV

Flavors of Middle East/ Africa

TAHINI: A paste of ground sesame seeds that adds a creamy texture and slightly bitter, nutty flavor.

POMEGRANATE MOLASSES Thick, deep purple, sweet-tart syrup made from boiled pomegranate juice.

ALEPPO PEPPER Also known as Halaby pepper, this dried and ground chile has a dull brick color, mild heat, and fruity, raisin-like flavor; a mix of ground ancho and cayenne makes a good substitute.

FRESH THYME Short-leafed herb with an earthy, floral, piney aroma.

WALNUTS Rich in heart-healthy omega-3 fatty acids and often ground into spice pastes or incorporated into desserts.

PISTACHIOS Native Middle Eastern nut that adds rich flavor and pale green color.

CHICKPEAS Middle Eastern legume used fresh, pureed, or dried and ground into flour.

COUSCOUS Tiny grains of pasta made from semolina; Israeli couscous is made with bulgur wheat and flour and toasted for deeper flavor.

DATES Sugar-rich drupe fruits cultivated in North Africa and the Middle East for more than 5,000 years; most often dried to concentrate flavor.

EGGPLANT Meaty-tasting fruit of a plant in the nightshade family; naturally bitter-tasting, but bitterness is often bred out by growers.

East African Braised Chicken

HANDS-ON 24 MIN. **TOTAL** 1 HR. 24 MIN.

The Indian spice trade carried curried dishes throughout East Africa. With spices like ginger, cardamom, and cinnamon, and traditional African braising techniques, dishes like this aromatic chicken braised in broth with dates and raisins became popular. Serve it with Greek-style yogurt and flatbreads or couscous.

- 2 bone-in, skinless chicken breast halves (about ¾ lb.)
- 2 bone-in, skinless chicken thighs (about ½ lb.)
- 2 skinless chicken drumsticks (about ½ lb.)
- ½ tsp. salt
- ½ tsp. black pepper
- 1 Tbsp. olive oil
- 3 cups vertically sliced onion
- 1 Tbsp. chopped fresh ginger
- 1 tsp. curry powder
- ½ tsp. ground cinnamon
- ½ tsp. ground cardamom
- ¼ tsp. cayenne pepper
- 2 large garlic cloves, thinly sliced
- ½ cup fat-free, lower-sodium chicken broth
- ½ cup dry white wine
- 3 Tbsp. chopped pitted dates
- 3 Tbsp. golden raisins

Also known as sultanas, golden raisins are made by drying Thompson seedless grapes and treating them with sulfur dioxide to retain their golden color. They tend to be moister and plumper than dark raisins and show up in both Middle Eastern and African dishes like couscous, rice pilafs, tagines, braises, and stews. If your golden raisins are dry and gritty from prolonged storage (the sugars will crystallize over time), re-plump them in hot liquid and the sugar crystals will dissolve.

1. Preheat oven to 350°F.

2. Sprinkle chicken evenly with salt and black pepper. Heat a Dutch oven over medium-high. Add oil to pan; swirl to coat. Add chicken; cook 4 minutes on each side or until golden brown. Remove chicken from pan.

3. Add onion to pan; reduce heat to medium-low, and cook 10 minutes, stirring frequently. Add ginger, curry powder, cinnamon, cardamom, cayenne pepper, and garlic; cook 1 minute. Stir in chicken, broth, wine, dates, and raisins, and bring to a boil. Cover and bake in preheated oven for 1 hour.

SERVES 4 (serving size: 1 chicken breast half or 1 chicken thigh and 1 drumstick and about ¼ cup sauce) **CALORIES** 285; **FAT** 8g (sat 2g, unsat 5g); **PROTEIN** 30g; **CARB** 21g; **FIBER** 3g; **SUGARS** 12g (added sugars 0g); **SODIUM** 453mg; **CALC** 5% DV; **POTASSIUM** 13% DV

Senegalese Lemon Chicken (Chicken Yassa)

HANDS-ON 25 MIN. **TOTAL** 4 HR. 25 MIN.

Chicken yassa is one of the most popular dishes in West Africa. Begin by marinating chicken in lemon juice, onions, and pepper; then broil the chicken, simmer down the marinade, and stew the broiled chicken in the cooked marinade.

- 5 cups sliced onion
- ⅓ cup fresh lemon juice
- 1 tsp. salt
- ½ tsp. freshly ground black pepper
- 1 jalapeño chile, seeded and minced
- 4 bone-in, skinless chicken breast halves (about 2 lb.)
- 4 bone-in, skinless chicken leg quarters (about 2 lb.)

Cooking spray

- 1½ Tbsp. peanut oil
- 2 cups thinly sliced carrot
- 1½ cups fat-free, lower-sodium chicken broth
- ½ cup pimiento-stuffed olives
- ⅓ cup water
- 1 Tbsp. Dijon mustard
- 1 Scotch bonnet pepper, pierced with a fork
- 4 cups cooked long-grain rice

1. Combine onion, lemon juice, salt, pepper, and jalapeño in a large bowl; divide evenly between 2 (1-gallon) heavy-duty ziplock plastic bags. Divide chicken evenly between bags; seal bags. Toss each bag well to coat. Refrigerate 3 hours, turning bags occasionally.

2. Preheat broiler.

3. Remove chicken from bags, reserving marinade. Place chicken on broiler rack sprayed with cooking spray; broil 6 minutes on each side or until lightly browned.

4. Strain marinade through a colander over a bowl, reserving marinade and onion. Heat a Dutch oven over medium-high. Add oil to pan; swirl to coat. Add onion; cook 5 minutes, stirring frequently. Add reserved marinade; bring to a boil. Cook 1 minute; add chicken, carrot, broth, olives, water, mustard, and Scotch bonnet pepper. Bring to a boil; cover, reduce heat, and simmer 1 hour or until chicken is done. Discard Scotch bonnet pepper. Serve chicken and stew over rice.

SERVES 8 (serving size: 1 chicken breast half or 1 chicken leg quarter, ¾ cup stew, and ½ cup rice) **CALORIES** 406; **FAT** 11g (sat 3g, unsat 7g); **PROTEIN** 39g; **CARB** 35g; **FIBER** 3g; **SUGARS** 6g (added sugars 0g); **SODIUM** 735mg; **CALC** 6% DV; **POTASSIUM** 16% DV

SENEGALESE
LEMON CHICKEN
(CHICKEN YASSA)

EUROPE

The European continent covers only 2 percent of the Earth's surface but includes 50 countries. That gives the region an incredibly diverse set of cuisines. What these countries have in common is their use of gifts from the land and sea: farm-fresh vegetables and herbs, flavorful cheeses, and succulent seafood. Wine and beer are popular across Europe.

CHAMPAGNE-BROWNED BUTTER CHICKEN
p. 59

Stuffed Grape Leaves

HANDS-ON 37 MIN **TOTAL** 4 HR 42 MIN

Greek mezze (little dishes) often include feta or kasseri cheese drizzled with olive oil, grilled octopus, skordalia (creamy garlic dip), and dolma, grape leaves stuffed with seasoned rice. This classic Mediterranean dish makes a great party appetizer. You can make these vegetarian snacks ahead and refrigerate them for up 2 days. Return them to room temperature before serving.

- **42 bottled large grape leaves (about 6 oz.)**
- **2 Tbsp. extra-virgin olive oil, divided**
- **1½ cups minced yellow onion**
- **1 cup thinly sliced scallions**
- **⅓ cup sliced almonds, chopped**
- **3 cups water, divided**
- **¾ cup uncooked long-grain rice**
- **½ tsp. salt**
- **¼ tsp. freshly ground black pepper**
- **¼ tsp. ground cinnamon**
- **4 oz. crumbled feta cheese (about 1 cup)**
- **3 Tbsp. chopped fresh flat-leaf parsley**
- **3 Tbsp. chopped fresh mint**
- **2 Tbsp. chopped fresh dill**
- **3 Tbsp. fresh lemon juice, divided**
- **Lemon wedges (optional)**
- **Plain fat-free strained (Greek-style) yogurt (optional)**

1. Rinse grape leaves with cold water; drain well. Pat dry with paper towels. Remove stems; discard.

2. Heat a medium saucepan over medium. Add 1 tablespoon oil to pan; swirl to coat. Add yellow onion to pan; cook 10 minutes or until tender, stirring occasionally. Add scallions and almonds; cook 3 minutes, stirring occasionally. Stir in 2 cups water; bring to a boil. Add rice, salt, pepper, and cinnamon; cover, reduce heat, and simmer 22 minutes or until rice is tender. Remove from heat; cool. Stir in cheese, parsley, mint, and dill.

3. Spoon 1½ heaping tablespoons rice mixture onto center of 1 grape leaf. Bring 2 opposite points of leaf to center; fold over filling. Beginning at 1 short side, roll up leaf tightly, jelly-roll fashion. Repeat procedure with remaining rice mixture and 35 grape leaves. Place 12 stuffed grape leaves, seam sides down, in large saucepan lined with 3 grape leaves. Drizzle evenly with 1 teaspoon oil and 1 tablespoon juice. Top with 12 stuffed grape leaves; drizzle evenly with 1 teaspoon oil and 1 tablespoon juice. Repeat procedure with remaining 12 stuffed grape leaves, 1 teaspoon oil, and 1 tablespoon juice. Cover with remaining 3 grape leaves; pour remaining 1 cup water over leaves. Invert a small heatproof plate on top of leaves. Bring to a boil. Cover, reduce heat, and simmer 1½ hours. Remove from heat, and let stand in saucepan 2 hours. Serve at room temperature with lemon wedges and yogurt, if desired.

SERVES 12 (serving size: 3 stuffed grape leaves) **CALORIES** 140, **FAT** 6g (sat 2g, unsat 4g); **PROTEIN** 3g; **CARB** 17g, **FIBER** 1g; **SUGARS** 2g (added sugars 0g); **SODIUM** 539mg **CALC** 8% DV **POTASSIUM** 2% DV

Vegetarian Moussaka

HANDS-ON 1 HR **TOTAL** 1 HR 54 MIN

Greek versions of this baked casserole layer a tomato-based meat sauce with sautéed or roasted eggplant and a topping of creamy béchamel (white) sauce. In this meatless rendition, bulgur wheat stands in for the traditional ground lamb. To get a touch of smoke in the mix, grill the eggplant instead of roasting it.

- **3 peeled eggplants, cut into ½-in.-thick slices (about 2½ lb.)**
- **2 Tbsp. extra-virgin olive oil, divided**
- **Cooking spray**
- **2 cups chopped onion**
- **4 garlic cloves, minced**
- **½ cup uncooked bulgur**
- **¼ tsp. ground allspice**
- **¼ tsp. ground cinnamon**
- **¼ tsp. ground cloves**
- **2 cups organic vegetable broth**
- **2 tsp. chopped fresh oregano**
- **1 (14.5-oz.) can no-salt-added diced tomatoes, undrained**
- **1 Tbsp. butter**
- **2 Tbsp. all-purpose flour**
- **1 cup 1% low-fat milk**
- **2 Tbsp. finely grated Romano cheese**
- **¼ tsp. salt**
- **1 large egg, lightly beaten**

1. Preheat broiler to high.

2. Brush eggplant slices evenly with 1 tablespoon oil. Place half of eggplant on a foil-lined baking sheet sprayed with cooking spray; broil 5 inches from heat 5 minutes on each side or until browned. Repeat procedure with remaining eggplant. Set eggplant aside.

3. Heat a large skillet over medium-high. Add remaining 1 tablespoon oil to pan; swirl to coat. Add chopped onion to pan; cook 8 minutes, stirring constantly. Add garlic; cook 1 minute, stirring constantly. Add bulgur; cook 3 minutes or until bulgur is lightly toasted, stirring frequently. Add allspice, cinnamon, and cloves; cook 1 minute, stirring constantly. Stir in vegetable broth, oregano, and tomatoes. Bring to a boil; reduce heat, and simmer 20 minutes or until thickened, stirring occasionally.

4. Melt butter in a saucepan over medium. Whisk in flour; cook 1 minute until well blended, stirring constantly. Gradually whisk in milk, stirring constantly. Bring to a boil; reduce heat to medium-low, and simmer 5 minutes or until thickened, stirring frequently. Stir in cheese and salt. Remove from heat, and cool slightly. Whisk in egg.

5. Preheat oven to 350°F.

6. Arrange half of eggplant in an 11- x 7–inch glass or ceramic baking dish sprayed with cooking spray. Spread bulgur mixture evenly over eggplant; arrange remaining eggplant over bulgur mixture. Top with milk mixture. Bake in preheated oven for 40 minutes, and remove from oven. Increase oven temperature to 475°F. Return dish to oven for 4 minutes or until top is browned. Let stand 10 minutes before serving.

SERVES 4 (serving size: about 2 cups) **CALORIES** 344, **FAT** 13g (sat 4g, unsat 8g) **PROTEIN** 11g; **CARB** 48g; **FIBER** 11g, **SUGARS** 16g (added sugars 0g), **SODIUM** 571mg, **CALC** 22% DV; **POTASSIUM** 23% DV

Spanakopitas

HANDS-ON 15 MIN **TOTAL** 1 HR 47 MIN

These ubiquitous Greek spinach-stuffed pastries have broad appeal. Multiple layers of paper-thin phyllo dough make them shatteringly crisp. To get a jump on prep before a party, prepare the filling up to a day ahead and keep it refrigerated. You can also let the filled pastries stand at room temperature for up 1 hour. Then pop them in the oven 20 minutes before guests arrive.

- **1 (10-oz.) pkg. fresh spinach, coarsely chopped**
- **1½ oz. feta cheese, crumbled (about ⅓ cup)**
- **¼ cup 1% low-fat cottage cheese**
- **2 Tbsp. grated Parmesan cheese**
- **5 tsp. olive oil, divided**
- **1½ cups chopped scallions**
- **3 large egg whites, divided and lightly beaten**
- **1½ Tbsp. chopped fresh dill or 1½ tsp. dried dill**
- **1 Tbsp. fresh lemon juice**
- **½ tsp. salt, divided**
- **¼ tsp. freshly ground black pepper**
- **5 sheets frozen phyllo dough, thawed**

1. Preheat oven to 350°F.

2. Place spinach in a large skillet or Dutch oven. Place over medium; cook until spinach wilts. Place spinach mixture in a colander, pressing until barely moist. Combine spinach and cheeses in a bowl; set aside.

3. Heat a nonstick skillet over medium-high. Add 2 teaspoons olive oil to pan; swirl to coat. Add scallions; cook, stirring constantly, 2 minutes or until soft. Stir scallions, 2 beaten egg whites, dill, lemon juice, ¼ teaspoon salt, and black pepper into spinach mixture.

4. Whisk together remaining 1 tablespoon olive oil, remaining ¼ teaspoon salt, and remaining 1 egg white in a small bowl. Working with 1 phyllo sheet at a time, cut each sheet lengthwise into 4 (3½-inch-wide) strips; lightly brush phyllo sheet with egg mixture (cover remaining phyllo dough to keep it from drying). Spoon about 1 tablespoon spinach mixture onto one end of each strip. Fold 1 corner of the opposite end over mixture, forming a triangle; keep folding back and forth into a triangle to end of strip. Place triangles, seam sides down, on a baking sheet. Bake in preheated oven for 20 minutes or until golden.

SERVES 20 (serving size: 1 triangle) **CALORIES** 43, **FAT** 2g (sat 1g, unsat 1g) **PROTEIN** 2g; **CARB** 4g; **FIBER** 1g **SUGARS** 0g (added sugars 0g); **SODIUM** 142mg **CALC** 4% DV; **POTASSIUM** 2% DV

SEARED
TUNA
NIÇOISE

Seared Tuna Niçoise

HANDS-ON 19 MIN. **TOTAL** 36 MIN

Located on the southeast coast of France, Nice is home to one of the world's most distinctive composed salads. Hard-boiled eggs are the only cooked ingredients in traditional salad Niçoise. The fish is usually salted anchovies, not tuna, and the salad does not traditionally include potatoes. However, popular versions of the dish feature both tuna and boiled potatoes. Here, fresh tuna is pan-seared, sliced, and served with a plate of tomatoes, potatoes, green beans, olives, and hard-cooked eggs, and drizzled with a mustard vinaigrette.

- **3 large eggs**
- **1½ cups quartered small red potatoes**
- **1 cup haricots verts, trimmed**
- **Cooking spray**
- **2 (6-oz.) tuna steaks**
- **½ tsp. kosher salt, divided**
- **¼ tsp. freshly ground black pepper**
- **2 Tbsp. extra-virgin olive oil**
- **3 Tbsp. red wine vinegar**
- **1 tsp. Dijon mustard**
- **⅔ cup grape tomatoes, halved**
- **¼ cup pitted and quartered Niçoise olives**

1. Place eggs in a large saucepan. Cover with water to 1 inch above eggs. Bring just to a boil. Remove from heat; cover and let stand 15 minutes. Drain; cool in ice water 5 minutes. Peel eggs; cut each egg into 4 slices.

2. Place potatoes in pan; cover with water. Bring to a boil. Reduce heat; simmer 12 minutes. Add beans, and cook 3 minutes. Drain; plunge beans into ice water 1 minute. Drain well.

3. Heat a large cast-iron skillet over medium-high. Spray pan with cooking spray. Sprinkle tuna with ¼ teaspoon salt and pepper. Add tuna to pan; cook 2 minutes on each side or until desired degree of doneness. Cut thinly across the grain.

4. Whisk together remaining ¼ teaspoon salt, oil, vinegar, and mustard in a small bowl. Add tomatoes and olives; toss. Divide eggs, potatoes, beans, and tuna among 4 plates; top with tomato mixture.

SERVES 4 (serving size: about 2 oz. tuna, 3 egg slices, ⅓ cup potatoes, ¼ cup beans, and 2 Tbsp. tomato mixture)
CALORIES 282; **FAT** 11g (sat 2g, unsat 9g); **PROTEIN** 27g; **CARB** 14g; **FIBER** 2g; **SUGARS** 2g (added sugars 0g); **SODIUM** 426mg; **CALC** 5% DV; **POTASSIUM** 18% DV

Champagne-Browned Butter Chicken

HANDS-ON 50 MIN. **TOTAL** 2 HR. 1 MIN

Here's a French braised dish that is dressed to impress. Brown chicken parts in bacon drippings, then braise the chicken in a Dutch oven with potatoes, carrots, mushrooms, and herbs. The braising liquid is spiked with brandy and Champagne, then enriched with browned butter to create a luxurious sauce.

- **2 center-cut bacon slices**
- **⅔ cup all-purpose flour**
- **6 bone-in, skinless chicken thighs (about 1¾ lb.)**
- **6 bone-in, skinless chicken drumsticks (about 1½ lb.)**
- **1¼ tsp. kosher salt, divided**
- **¾ tsp. freshly ground black pepper, divided**
- **2 Tbsp. canola oil, divided**
- **1 lb. red-skinned potatoes, quartered**
- **1 lb. button mushrooms, halved**
- **¼ cup brandy**
- **4 shallots, halved**
- **¾ cup no-salt-added chicken stock**
- **1 Tbsp. black peppercorns**
- **3 fresh thyme sprigs**
- **1 bay leaf**
- **½ bunch fresh flat-leaf parsley**
- **12 baby carrots with tops**
- **1 cup Champagne, preferably brut**
- **3 Tbsp. butter**
- **1 tsp. all-purpose flour**
- **2 Tbsp. chopped fresh flat-leaf parsley**
- **2 tsp. chopped fresh thyme**

1. Preheat oven to 300°F.

2. Cook bacon in a large Dutch oven over medium until crisp; remove bacon from pan, reserving drippings in pan. Reserve bacon for another use. Place ⅔ cup flour in a shallow dish. Sprinkle chicken evenly with ¾ teaspoon salt and ½ teaspoon pepper. Dredge chicken lightly in flour; shake off excess flour. Increase heat to medium-high. Add 1 tablespoon oil to drippings in pan; swirl to coat. Add half of chicken to pan; cook 5 minutes or until browned. Turn chicken over; cook 2 minutes. Remove from pan. Repeat procedure with remaining 1 tablespoon oil and chicken.

3. Add potatoes to pan; cook 3 minutes or until browned, stirring occasionally. Add mushrooms; sprinkle with ¼ teaspoon salt. Cook 3 minutes, stirring occasionally. Stir in brandy. Cook until liquid almost evaporates (about 30 seconds), stirring occasionally. Return chicken to pan. Add shallots and stock; bring to a boil. Place peppercorns, thyme, bay leaf, and parsley on a double layer of cheesecloth. Gather edges; tie with butcher's twine. Add bundle to pan. Bake in preheated oven, uncovered, for 15 minutes.

4. Trim carrot tops to 1-inch; scrub carrots. Add carrots to pan. Bake an additional 45 minutes or until vegetables are tender and chicken is done. Remove chicken and vegetables from pan; keep warm. Discard herb bundle. Place pan over medium-high. Add Champagne to pan; bring to a boil, scraping pan to loosen browned bits. Cook until mixture reduces to ⅔ cup (about 11 minutes).

5. Melt butter in a small saucepan over medium. Cook butter 3 minutes or until lightly browned, shaking pan occasionally. Whisk in 1 teaspoon flour, stirring constantly. Gradually whisk in butter mixture to reduced Champagne mixture, stirring constantly. Cook 1 minute or until slightly thick. Stir in remaining ¼ teaspoon salt and ¼ teaspoon pepper. Serve with chicken and vegetables. Garnish with chopped parsley and thyme.

SERVES 6 (serving size: 1 drumstick, 1 thigh, 2 carrots, about ⅓ cup mushroom mixture, and about 2 Tbsp. sauce)
CALORIES 566; **FAT** 21g (sat 7g, unsat 12g); **PROTEIN** 56g; **CARB** 32g; **FIBER** 3g; **SUGARS** 5g (added sugars 0g); **SODIUM** 787mg; **CALC** 4% DV; **POTASSIUM** 26% DV

Champagne is a style of sparkling wine made in the Champagne region of northeastern France. It is produced by the "traditional" method, which involves allowing the wine to undergo a second fermentation in the bottle.

Classic Light Lasagna

HANDS-ON 40 MIN. **TOTAL** 1 HR. 45 MIN

Lasagna Bolognese is usually a ground meat and tomato sauce layered with sheets of fresh pasta and a creamy béchamel (white) sauce. The Italian-American version opts for dried lasagna noodles, ricotta cheese instead of béchamel, and a topping of mozzarella. Both versions taste great. What we have here is the Italian-American version lightened up with leaner meat in the sauce but still plenty of cheese and a little pancetta for porky goodness.

- **1½ cups coarsely chopped onion**
- **¾ cup coarsely chopped celery**
- **½ cup coarsely chopped carrot**
- **4 garlic cloves, peeled**
- **1 Tbsp. olive oil**
- **1 Tbsp. unsalted tomato paste**
- **1 oz. diced pancetta**
- **1 lb. ground turkey breast**
- **¼ cup white wine**
- **¾ tsp. kosher salt**
- **¾ tsp. crushed red pepper**
- **½ tsp. dried oregano**
- **½ tsp. freshly ground black pepper**
- **1 cup 1% low-fat milk**
- **½ cup chopped fresh basil**
- **1 (28-oz.) can crushed tomatoes, undrained**
- **1½ cups part-skim ricotta cheese**
- **6 oz. shredded part-skim mozzarella cheese, divided (about 1½ cups)**
- **1 large egg, lightly beaten**
- **Cooking spray**
- **6 cooked lasagna noodles**

1. Place onion, celery, carrot, and garlic in a food processor; pulse until coarsely ground. Heat a medium saucepan over medium-high. Add oil to pan; swirl to coat. Add tomato paste and pancetta; cook 1 minute, stirring constantly. Add turkey, and cook 4 minutes, stirring to crumble. Add wine; cook 2 minutes or until liquid evaporates, scraping pan to loosen browned bits. Add onion mixture, salt, red pepper, oregano, and black pepper to pan, and cook 3 minutes, stirring occasionally. Add milk and basil; cook 3 minutes, stirring occasionally. Stir in tomatoes; reduce heat, and simmer 20 minutes.

2. Preheat oven to 425°F.

3. Stir together ricotta, 1 cup mozzarella cheese, and egg in a small bowl.

4. Spread ¾ cup turkey mixture in bottom of a 13- x 9-inch glass or ceramic baking dish sprayed with cooking spray. Arrange 3 noodles over turkey mixture; top with half of remaining turkey mixture and half of ricotta mixture. Repeat layers once, ending with ricotta mixture. Sprinkle remaining ½ cup mozzarella evenly over top. Bake in preheated oven for 35 minutes.

5. Preheat broiler to high. (Keep lasagna in the oven.)

6. Broil lasagna 2 minutes or until cheese is golden brown and sauce is bubbly. Let stand 10 minutes before serving.

SERVES 8 (serving size: ⅛ of casserole) **CALORIES** 364, **FAT** 13g (sat 6g, unsat 5g); **PROTEIN** 31g **CARB** 32g; **FIBER** 4g, **SUGARS** 9g (added sugars 0g); **SODIUM** 682mg, **CALC** 37% DV; **POTASSIUM** 12% DV

Pizza Margherita

HANDS-ON 19 MIN **TOTAL** 26 HR. 20 MIN

In this old-school Italian pizza, the crust is thin and crisp, the sauce is a minimal tomato sauté, and the cheese is sliced from a fresh ball of mozzarella. To help blister the top of the pizza, turn on your oven's convection feature. Or, heat a second pizza stone over the pie so it can radiate heat onto the cheese.

- **1 cup warm water (100°F to 110°F), divided**
- **10 oz. bread flour (about 2 cups plus 2 Tbsp.)**
- **1 pkg. dry yeast (about 2¼ tsp.)**
- **4 tsp. olive oil**
- **¾ tsp. kosher salt, divided**
- **Cooking spray**
- **1 Tbsp. yellow cornmeal**
- **¾ cup Basic Pizza Sauce (right)**
- **5 oz. thinly sliced fresh mozzarella cheese (about 1¼ cups)**
- **⅛ cup small fresh basil leaves**

1. Pour ¾ cup warm water in bowl of a stand mixer with dough hook attached. Weigh or lightly spoon flour into dry measuring cups and spoons; level with a knife. Add flour to ¾ cup water; mix until combined. Cover and let stand 20 minutes. Combine remaining ¼ cup water and yeast in a small bowl; let stand 5 minutes or until bubbly. Add yeast mixture, oil, and ½ teaspoon salt to flour mixture; mix 5 minutes or until a soft dough forms. Place dough in a large bowl sprayed with cooking spray; cover surface of dough with plastic wrap lightly sprayed with cooking spray. Refrigerate 24 hours.

2. Remove dough from refrigerator. Let stand, covered, 1 hour or until dough comes to room temperature. Punch dough down. Press dough out to a 12-inch circle on a lightly floured baking sheet, without raised sides, sprinkled with cornmeal. Crimp edges to form a ½-inch border. Cover dough loosely with plastic wrap.

3. Position an oven rack in lowest setting. Place a pizza stone on lowest rack. Preheat oven to 550°F. Preheat pizza stone 30 minutes before baking dough.

4. Remove plastic wrap from dough. Sprinkle dough with remaining ¼ teaspoon salt. Spread Basic Pizza Sauce evenly over dough, leaving a ½-inch border. Arrange cheese slices evenly over pizza. Slide pizza onto preheated pizza stone, using a spatula as a guide. Bake in preheated oven for 11 minutes or until the crust is golden. Cut pizza into 10 wedges, and sprinkle evenly with basil.

SERVES 5 (serving size: 2 wedges) **CALORIES** 361; **FAT** 14g (sat 5g, unsat 8g); **PROTEIN** 14g; **CARB** 46g, **FIBER** 2g **SUGARS** 2g (added sugars 0g); **SODIUM** 422mg; **CALC** 12% DV; **POTASSIUM** 3% DV

Basic Pizza Sauce

HANDS-ON 9 MIN. **TOTAL** 39 MIN

- **2 Tbsp. extra-virgin olive oil**
- **5 garlic cloves, minced**
- **1 (28-oz.) can tomatoes, preferably San Marzano**
- **½ tsp. kosher salt**
- **½ tsp. dried oregano**

Heat a medium saucepan over medium. Add oil to pan; swirl to coat. Add garlic to pan; cook 1 minute, stirring frequently. Remove tomatoes from can using a slotted spoon, reserving juices. Crush tomatoes. Stir tomatoes, juices, salt, and oregano into garlic mixture; bring to a boil. Reduce heat, and simmer 30 minutes, stirring occasionally.

SERVES 32 (serving size: 1 Tbsp.) **CALORIES** 13 **FAT** 1g (sat 0g, unsat 1g); **PROTEIN** 0g **CARB** 1g **FIBER** 0g, **SUGARS** 1g (added sugars 0g); **SODIUM** 49mg; **CALC** 0% DV; **POTASSIUM** 0% DV

PIZZA
MARGHERITA

RISOTTO WITH PORCINI MUSHROOMS AND MASCARPONE

Risotto with Porcini Mushrooms and Mascarpone

HANDS-ON 47 MIN. **TOTAL** 1 HR. 17 MIN

In Italy, wild mushrooms are so cherished that you need a mushroom hunting license to forage for them. Porcinis are stout-stemmed beauties with fat brown caps, a persistent woodsy aroma, and a meaty yet silky texture. Dried porcinis make this rice dish easy to make, but if you're lucky enough to have some fresh porcinis, sauté them and mix them into the risotto near the end of cooking. For good measure, a dollop of butter-rich mascarpone makes this risotto even creamier.

- **2 cups boiling water**
- **1 cup dried porcini mushrooms (about 1 oz.)**
- **1 (14-oz.) can fat-free, lower-sodium beef broth**

Cooking spray

- **1 cup uncooked Arborio rice or other short-grain rice**
- **¾ cup chopped shallots**
- **2 garlic cloves, minced**
- **½ cup dry white wine**
- **1 oz. grated Parmigiano-Reggiano cheese (about ¼ cup)**
- **1 Tbsp. chopped fresh thyme**
- **½ tsp. salt**
- **½ tsp. freshly ground black pepper**
- **1 oz. mascarpone cheese (about ¼ cup)**

Fresh thyme leaves (optional)

1. Combine 2 cups boiling water and mushrooms; let stand 30 minutes or until soft. Drain through a colander over a bowl. Reserve 1½ cups soaking liquid; chop mushrooms.

2. Bring soaking liquid and broth to a simmer in a small saucepan (do not boil). Keep broth mixture warm over low.

3. Heat a large saucepan over medium-high. Spray pan with cooking spray. Add rice, shallots, and garlic; cook 5 minutes, stirring constantly. Add wine, and cook until liquid evaporates (about 2 minutes).

4. Add 1 cup broth mixture to rice mixture; cook over medium 5 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining broth mixture, ½ cup at a time, stirring frequently until each portion of broth mixture is absorbed before adding the next (about 25 minutes total). Add mushrooms, Parmigiano-Reggiano, chopped thyme, salt, and pepper; stir until cheese melts. Spoon risotto into bowls. Top with mascarpone and, if desired, thyme leaves.

SERVES 4 (serving size: 1 cup risotto and 1 Tbsp. mascarpone) **CALORIES** 311, **FAT** 6g (sat 3g, unsat 1g); **PROTEIN** 10g, **CARB** 49g; **FIBER** 5g; **SUGARS** 3g (added sugars 0g); **SODIUM** 613mg; **CALC** 9% DV; **POTASSIUM** 3% DV

STIRRING RISOTTO

Risotto rice is high in starch, which helps make risotto taste creamy. "The key is at the end when you stir the risotto like crazy," says Marc Vetri, James Beard Award–winning Italian chef. "You want to emulsify the stock, the starch from the rice, and any added fats to create a creamy sauce," he notes. "The risotto should be runny enough that when you put it on the plate, it flattens out a little but still holds together as rice and sauce."

1. Add broth ½ cup at a time, stirring until broth is absorbed between additions.
2. Near the end of cooking, stir vigorously to release starch from the rice and blend it with the stock to create a creamy sauce.

Lemony Chicken Saltimbocca

HANDS-ON 15 MIN. **TOTAL** 15 MIN

In Italian, saltimbocca means "jump in the mouth," an apt description for a quick dish layered with rich, salty prosciutto. The classic Roman version consists of pounded veal rolled up with prosciutto and sage, then cooked in a Marsala butter sauce. The only difference here is chicken instead of veal and a lighter, brighter lemon sauce.

- **4 (4-oz.) chicken cutlets**
- **⅛ tsp. salt**
- **12 fresh sage leaves**
- **2 oz. very thinly sliced prosciutto, cut into 8 thin strips**
- **4 tsp. extra-virgin olive oil, divided**
- **⅓ cup fat-free, lower-sodium chicken broth**
- **¼ cup fresh lemon juice**
- **½ tsp. cornstarch**

Lemon wedges (optional)

1. Sprinkle chicken evenly with salt. Place 3 sage leaves on each cutlet; wrap 2 prosciutto slices around each cutlet, securing sage leaves in place.

2. Heat a large skillet over medium. Add 1 tablespoon oil to pan; swirl to coat. Add chicken to pan; cook 2 minutes on each side or until done. Remove chicken from pan; keep warm.

3. Whisk together broth, lemon juice, and cornstarch in a small bowl until smooth. Add cornstarch mixture and remaining 1 teaspoon olive oil to pan; bring to a boil, whisking constantly. Cook 1 minute or until slightly thickened. Spoon sauce over chicken. Serve with lemon wedges, if desired.

SERVES 4 (serving size: 1 cutlet and 2 Tbsp. sauce) **CALORIES** 212; **FAT** 9g (sat 2g, unsat 5g); **PROTEIN** 30g **CARB** 2g, **FIBER** 0g; **SUGARS** 0g (added sugars 0g); **SODIUM** 539mg, **CALC** 1% DV; **POTASSIUM** 8% DV

Paella with Poblanos, Corn, and Clams

HANDS-ON 35 MIN. **TOTAL** 1 HR 37 MIN

Spanish paella is both a pan and the communal rice dish that's cooked in it. Paella pans are heavy-bottomed and shallow to allow maximum evaporation so the rice cooks quickly and forms a crisp, golden bottom crust, known as the socarrat. Some paella pans measure over two feet in diameter to allow several guests to gather 'round the open fire on which the paella is cooked and enjoy the feast. Classic versions from Valencia include meats and seafood like chicken, rabbit, pork, shrimp, and clams. Be patient with the cooking time; the socarrat won't form until all the liquid from the clams and tomatoes boils off.

- **2 Tbsp. olive oil**
- **2 cups chopped yellow onion**
- **3 garlic cloves, minced**
- **2 poblano chiles, seeded and chopped**
- **1¼ tsp. kosher salt, divided**
- **½ tsp. freshly ground black pepper, divided**
- **¾ cup uncooked short-grain brown rice**
- **¼ tsp. saffron threads, crushed**
- **2 cups water**
- **⅛ tsp. cayenne pepper**
- **1½ cups fresh corn kernels (about 2 ears)**
- **1 cup halved cherry tomatoes**
- **2 lb. littleneck clams**
- **2 Tbsp. chopped fresh flat-leaf parsley**
- **8 lemon wedges**

1. Preheat oven to 450°F.

2. Heat a 12-inch ovenproof skillet over medium-high. Add oil to pan; swirl to coat. Add onion, garlic, poblanos, ½ teaspoon salt, and ¼ teaspoon black pepper; cook 3 minutes, stirring constantly. Add rice and saffron. Cook 2 minutes, stirring constantly. Add 2 cups water, remaining ¾ teaspoon salt, remaining ¼ teaspoon black pepper, and cayenne pepper; bring to a boil.

3. Bake in preheated oven for 50 minutes or until rice is done. Stir in corn and tomatoes. Nestle clams into rice mixture. Bake at 450°F for 12 minutes or until shells open, and discard unopened shells.

4. Return pan to medium-high, and cook without stirring 10 minutes or until liquid evaporates and rice browns. (It should smell toasty but not burned.) Top with parsley; serve with lemon wedges.

SERVE 4 (serving size: 1¼ cups rice mixture and about 7 clams) **CALORIES** 311, **FAT** 6g (sat 3g, unsat 1g); **PROTEIN** 10g **CARB** 49g, **FIBER** 5g, **SUGARS** 3g (added sugars 0g); **SODIUM** 613mg, **CALC** 9% DV; **POTASSIUM** 3% DV

Flavors of Europe

OLIVE OIL Popular throughout the Mediterranean, particularly Greece; use delicate extra-virgin olive oil for drizzling and virgin oil for cooking.

LEMONS To avoid discoloring green vegetables like asparagus, use only lemon zest instead of the acidic juice.

PARSLEY Fresh herbs like parsley, basil, sage, rosemary, thyme, and oregano lend fresh, inviting aromas.

ALMONDS Toast almonds and other nuts in a hot pan or oven to intensify their flavor.

PAPRIKA Powdered mild chiles show up in Hungarian paprikash as well as Spanish chorizo, which features smoked pimentón (Spanish paprika).

AGED CHEESE From cheddar to Parmigiano-Reggiano, aged cheese provides umami (savory) flavor in many cuisines of Europe.

CURED SAUSAGE Before refrigeration, salting and drying meat was the primary method of preserving, providing salty, savory, meaty satisfaction.

WINE Often added to hot pans to dissolve browned bits of food and lend deep flavor to sauces.

VINEGAR From red wine and balsamic to sherry and malt vinegars, the high acidity of vinegar provides spark in dressings, dips, and sauces.

BEER Used in place of water as a steaming liquid and in sauces, batters, yeast breads, and cakes.

Game birds that fly long distances, like ducks and geese, store fat beneath the skin for sustained energy. But domesticated ducks no longer migrate so they retain that fat. To crisp the skin and keep it from tasting flabby, you need to melt away the excess fat. It helps to slash the skin to give the fat an escape hatch.

When buying duck, you'll find two main species, mallard and Muscovy. Wild mallards have been bred to produce domestic Pekin (Peking) or Long Island ducks. Muscovy ducks grow a bit larger and have stronger-tasting meat and about 30 percent less fat. A third type, the Moulard duck, is a Pekin-Muscovy hybrid that's used primarily to make foie gras. However, Moulards also develop rich breast meat that makes an excellent choice for a dish of pan-seared or grilled duck breast.

CASSOULET

Cassoulet

HANDS-ON 38 MIN **TOTAL** 5 HR 33 MIN

This French stew of beans, pork, and poultry is traditionally cooked in an earthenware cassole, a sort of inverted cone that provides a wide surface area on top for maximum crust. A Dutch oven or wide braising pan works well, too. You can cook this stew up to two days ahead and keep it refrigerated. Just hold off on the breadcrumbs until about 30 minutes before serving, then finish the dish in the oven.

- **¼ cup salt**
- **6 (8-oz.) duck leg quarters**
- **1½ Tbsp. canola oil**
- **4 thick-cut bacon slices, sliced crosswise into (½-in.-thick) strips**
- **1 (¾-lb.) boneless leg of lamb, trimmed and cut into (1-in.) cubes**
- **1½ cups chopped onion**
- **¼ tsp. freshly ground black pepper**
- **¼ cup no-salt-added tomato puree**
- **3 garlic cloves, minced**
- **2 cups fat-free, lower-sodium chicken broth**
- **2 cups water**
- **4 (15-oz.) cans organic Great Northern beans, drained and divided**
- **8 oz. cooked spicy Italian sausage or Polish kielbasa, diagonally sliced**
- **¼ cup dry breadcrumbs**

Chopped fresh thyme (optional)

1. Rub salt evenly over duck; cover and refrigerate 30 minutes.

2. Heat a large Dutch oven over medium. Add oil to pan; swirl to coat. Add bacon to pan; cook 7 minutes or until crisp, stirring occasionally. Remove bacon from pan using a slotted spoon; set aside. Increase heat to medium-high. Add lamb to drippings in pan; cook 8 minutes, turning to brown on all sides. Remove lamb from pan, and set aside.

3. Preheat oven to 300°F.

4. Rinse duck with cold water; pat dry with paper towels. Add half of duck, skin side down, to pan; cook over medium heat 15 minutes or until golden brown. Turn duck over, and cook 10 minutes or until browned and fat under skin is melted. Remove duck from pan. Repeat procedure with remaining duck, reserving 1 tablespoon duck fat; set duck aside. Add onion and pepper to duck fat in pan; cook 7 minutes or until lightly browned, stirring occasionally. Stir in tomato puree and garlic; cook 1 minute. Return lamb to pan. Nestle duck into lamb mixture; add broth and 2 cups water. Cover and bake in preheated oven for 2½ hours or until lamb and duck are very tender. Remove duck from pan; let stand until tepid. Remove skin from duck; discard. Cut duck legs in half through the joint. Return duck to lamb mixture.

5. Increase oven temperature to 375°F.

6. Stir 2 cans of beans into lamb mixture. Add bacon and sausage; top mixture with remaining 2 cans of beans. Sprinkle breadcrumbs evenly over top. Cover and cook 1 hour and 10 minutes. Uncover and cook 20 minutes or until browned and bubbly. Sprinkle with chopped thyme, if desired.

SERVES 12 (serving size: 1 drumstick or thigh and about ¾ cup bean mixture) **CALORIES** 313; **FAT** 14g (sat 4g, unsat 9g); **PROTEIN** 27g; **CARB** 18g; **FIBER** 4g; **SUGARS** 2g (added sugars 0g); **SODIUM** 980mg; **CALC** 6% DV; **POTASSIUM** 10% DV

English Cottage Pie

HANDS-ON 30 MIN **TOTAL** 50 MIN

What's the difference between cottage pie and shepherd's pie? Not much, except that shepherd's pie is a newer term used mostly when ground lamb is the meat of choice. Made with beef or lamb, the pie has become standard British pub fare, not least because it's a filling meal and goes swimmingly with a pint of ale. Prepare your favorite mashed potatoes and save a few fistfuls for the top of the casserole. To create a crispy browned crust, drag a fork through the mashed potato topping, then run it under the boiler for a minute or two before serving.

- **1 Tbsp. all-purpose flour**
- **1 Tbsp. butter, softened**

Cooking spray

- **1½ cups chopped onion**
- **½ cup chopped carrot**
- **1 (8-oz.) pkg. cremini or button mushrooms, thinly sliced**
- **1 lb. extra-lean ground beef**
- **2 Tbsp. no-salt-added tomato paste**
- **1 cup fat-free, lower-sodium beef broth**
- **¼ tsp. freshly ground black pepper**
- **¼ cup chopped fresh parsley**
- **1 Tbsp. fresh thyme leaves**
- **½ tsp. salt**
- **3 cups leftover mashed potatoes**
- **3 oz. shredded reduced-fat sharp white cheddar cheese (about ¾ cup), divided**

Paprika (optional)

1. Preheat oven to 350°F.

2. Stir together flour and butter. Heat a large nonstick skillet over medium-high. Spray pan with cooking spray. Add onion and carrot; cook 5 minutes, stirring constantly. Add mushrooms; cook, stirring constantly, 5 minutes or until lightly browned. Remove vegetables from pan. Add beef to pan; cook 5 minutes or until browned, stirring to crumble. Stir in tomato paste, and cook 3 minutes. Stir in broth and pepper. Return vegetables to pan, and bring to a simmer. Stir in parsley, thyme, and salt. Add flour mixture, and cook 1 minute or until thick, stirring constantly.

3. Spoon meat mixture into an 8-inch square glass or ceramic baking dish sprayed with cooking spray, spreading evenly. Stir together potatoes and half of cheese; spread potato mixture evenly over meat mixture. Top with remaining cheese. Sprinkle with paprika, if desired. Bake in preheated oven for 20 minutes or until bubbly.

SERVES 6 (serving size: ¾ cup) **CALORIES** 287; **FAT** 10g (sat 5g, unsat 3g); **PROTEIN** 24g; **CARB** 30g; **FIBER** 4g; **SUGARS** 7g (added sugars 0g); **SODIUM** 627mg; **CALC** 17% DV; **POTASSIUM** 8% DV

Beef Bourguignon with Egg Noodles

HANDS-ON 30 MIN **TOTAL** 2 HR 15 MIN

In her recipe for Boeuf Bourguignon in *Mastering the Art of French Cooking*, Julia Child hails the stew as "one of the most delicious beef dishes concocted by man." Here's a pretty faithful rendition with some judicious shortcuts like dusting the beef in flour before browning it and skipping the blanched bacon rind. As with most stews, this rib-sticker tastes better the next day, after the beef soaks up more of the rich broth.

- **⅓ cup all-purpose flour**
- **2 tsp. salt, divided**
- **¾ tsp. freshly ground black pepper, divided**
- **2¼ lb. beef stew meat**
- **3 bacon slices, chopped and divided**
- **1 cup chopped onion**
- **1 cup sliced carrot**
- **4 garlic cloves, minced**
- **1½ cups dry red wine**
- **1 (14-oz.) can lower-sodium beef broth**
- **8 cups halved mushrooms (about 1½ lb.)**
- **2 Tbsp. tomato paste**
- **2 tsp. chopped fresh thyme**
- **2 bay leaves**
- **1 (16-oz.) pkg. frozen pearl onions**
- **7 cups cooked medium egg noodles (about 6 cups uncooked noodles)**
- **3 Tbsp. chopped fresh flat-leaf parsley**

1. Combine flour, 1 teaspoon salt, and ¼ teaspoon pepper in a large ziplock plastic bag. Add beef; seal and shake to coat.

2. Cook half of bacon in a large Dutch oven over medium-high until crisp. Remove bacon from pan with a slotted spoon; set aside. Add half of beef mixture to drippings in pan; cook 5 minutes, browning on all sides. Remove beef from pan; cover and keep warm. Repeat procedure with remaining bacon and beef mixture. Remove beef from pan; cover and keep warm.

3. Add onion, carrot, and garlic to pan; cook 5 minutes, stirring constantly. Stir in wine and broth, scraping pan to loosen browned bits. Add bacon, beef, remaining 1 teaspoon salt, remaining ½ teaspoon pepper, mushrooms, tomato paste, thyme, bay leaves, and onions; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Uncover and cook 1 hour or until beef is tender. Discard bay leaves. Serve beef mixture over noodles; sprinkle with parsley.

SERVES 9 (serving size: ¾ cup noodles, about 1 cup beef mixture, and 1 tsp. parsley) **CALORIES** 392, **FAT** 8g (sat 3g, unsat 4g) **PROTEIN** 35g **CARB** 42g, **FIBER** 4g **SUGARS** 6g (added sugars 0g); **SODIUM** 784mg; **CALC** 5% DV **POTASSIUM** 16% DV

Beef and Guinness Stew

HANDS-ON 33 MIN **TOTAL** 3 HR 3 MIN

Guinness Stout is one of the best-selling alcoholic beverages in Ireland, and its rich, malty flavor makes a perfect match for beef. In this classic Irish stew, the ingredients simmer for a while, during which time the beef chuck, onions, carrots, parsnips, and turnips all soak up the earthy broth. It tastes even better reheated the next day.

- **3 Tbsp. canola oil, divided**
- **¼ cup all-purpose flour**
- **2 lb. boneless chuck roast, trimmed and cut into 1-in. cubes**
- **1 tsp. salt, divided**
- **5 cups chopped onion**
- **1 Tbsp. tomato paste**
- **4 cups fat-free, lower-sodium beef broth**
- **1 (11.2-oz.) bottle Guinness Stout**
- **1 Tbsp. raisins**
- **1 tsp. caraway seeds**
- **½ tsp. black pepper**
- **1½ cups (½-in.-thick) diagonal slices carrot**
- **1½ cups (½-in.-thick) diagonal slices parsnip**
- **1 cup (½-in.) cubed peeled turnip**
- **2 Tbsp. finely chopped fresh flat-leaf parsley**

1. Heat a Dutch oven over medium-high. Add 1½ tablespoons oil to pan; swirl to coat. Place flour in a shallow dish. Sprinkle beef with ½ teaspoon salt; dredge beef in flour. Add half of beef to pan; cook 5 minutes, turning to brown on all sides. Remove beef from pan with a slotted spoon. Repeat procedure with remaining 1½ tablespoons oil and beef.

2. Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Stir in tomato paste; cook 1 minute, stirring frequently. Stir in broth and beer, scraping pan to loosen browned bits. Return meat to pan. Stir in remaining ½ teaspoon salt, raisins, caraway seeds, and pepper; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Uncover and bring to a boil. Cook 50 minutes, stirring occasionally. Add carrot, parsnip, and turnip. Cover, reduce heat to low, and simmer 30 minutes, stirring occasionally. Uncover and bring to a boil; cook 10 minutes or until vegetables are tender. Sprinkle with parsley.

SERVES 8 (serving size: about 1 cup) **CALORIES** 387; **FAT** 14g (sat 4g, unsat 9g); **PROTEIN** 43g **CARB** 19g; **FIBER** 4g; **SUGARS** 6g (added sugars 0g); **SODIUM** 471mg; **CALC** 6% DV; **POTASSIUM** 16% DV

BEEF AND
GUINNESS STEW

HUNGARIAN
GOULASH

Polish Cabbage Rolls (Golumpki)

HANDS-ON 45 MIN. **TOTAL** 2 HR. 45 MIN.

In Eastern Europe, cabbage rolls are stuffed with everything from pork and beef to rice and buckwheat. Also known as halupki and parkkas, Jewish American versions are popular throughout the United States. This lightened Polish version uses turkey sausage, lean ground beef, and medium-grain white rice (which releases more starch than long-grain rice, helping to bind the stuffing ingredients together). The golumpki keep for several days in the refrigerator or weeks in the freezer and can be quickly reheated at a moment's notice.

- **1 Tbsp. canola oil**
- **2¼ cups finely chopped onion**
- **⅓ cup finely chopped carrot**
- **½ cup finely chopped celery**
- **1¼ cups uncooked medium-grain rice**
- **3 garlic cloves, minced**
- **1 lb. bulk turkey Italian sausage**
- **1 lb. 90/10 lean ground beef**
- **3 Tbsp. chopped fresh parsley**
- **¾ tsp. ground black pepper, divided**
- **1 large egg, lightly beaten**
- **18 large green cabbage leaves**
- **1 (28-oz.) can crushed tomatoes, undrained**
- **1½ cups fat-free, lower-sodium chicken broth**
- **1 Tbsp. brown sugar**
- **½ tsp. salt**

1. Preheat oven to 350°F.

2. Heat a large Dutch oven over medium. Add oil to pan; swirl to coat. Add onion, carrot, and celery; cook 6 minutes, stirring constantly. Add rice and garlic; cook 3 minutes, stirring to coat rice with oil. Spoon rice mixture into a large bowl; crumble sausage and beef into bowl. Add parsley, ½ teaspoon pepper, and egg; stir well.

3. Steam cabbage leaves, covered, 6 to 8 minutes or until tender and pliable. Remove cabbage from steamer. Let cool slightly.

4. Working with 1 cabbage leaf at a time, place about ⅓ cup meat mixture in center of leaf. Fold in edges of leaf; roll up. Repeat procedure with remaining cabbage leaves and meat mixture to form 18 cabbage rolls; set aside.

5. Combine crushed tomatoes, broth, brown sugar, salt, and remaining ¼ teaspoon pepper in Dutch oven; bring to a simmer over medium, and cook 15 minutes, stirring occasionally. Remove from heat. Add cabbage rolls to pan, nestling them into sauce, and spoon sauce over rolls. Cover pan with lid, and bake in preheated oven for 1½ to 2 hours or until rice is tender and meat mixture is no longer pink. Serve sauce over cabbage rolls.

SERVES 9 (serving size: 2 golumpki and 6 Tbsp. sauce) **CALORIES** 394; **FAT** 11g (sat 3g, unsat 4g); **PROTEIN** 29g **CARB** 46g **FIBER** 7g; **SUGARS** 13g (added sugars 1g) **SODIUM** 541mg **CALC** 12% DV; **POTASSIUM** 18% DV

Hungarian Goulash

HANDS-ON 28 MIN. **TOTAL** 1 HR. 28 MIN.

To Hungarians, goulash typically means paprika-spiced beef soup. But in America, Hungarian goulash refers to a thicker stew that more closely resembles Hungarian paprikash and is served with noodles. Nomenclature aside, the dish is delicious. A thick stew of spiced lean pork gets ladled over buttered egg noodles and topped with sour cream.

- **1 garlic clove, crushed**
- **1 tsp. kosher salt, divided**
- **¼ tsp. caraway seeds, crushed**
- **¼ tsp. freshly ground black pepper, divided**

Cooking spray

- **1 Tbsp. paprika**
- **1 (1-lb.) pork tenderloin, cut into 1-in. pieces**
- **2 cups coarsely chopped onion**
- **1 bacon slice, finely chopped**
- **1¾ cups water, divided**
- **1 cup chopped seeded tomato**
- **¾ cup beer**
- **⅛ tsp. crushed red pepper**
- **3 Hungarian wax chiles, seeded and cut into 1-in. pieces**
- **1½ Tbsp. all-purpose flour**
- **8 oz. uncooked egg noodles**
- **1 Tbsp. butter**
- **3 Tbsp. sour cream**

Chopped fresh parsley (optional)

1. Place garlic in a small bowl; mash with the back of a spoon to form a paste. Add ¼ teaspoon salt, caraway seeds, and ⅛ teaspoon black pepper.

2. Heat a large Dutch oven over high. Spray pan with cooking spray. Combine paprika, ¼ teaspoon salt, remaining ⅛ teaspoon black pepper, and pork in a medium bowl; toss. Add pork to pan; cook 6 minutes, browning on all sides. Remove pork from pan.

3. Reduce heat to medium-high; return pan to heat. Add onion and bacon; cook 7 minutes or until bacon is done, stirring frequently. Stir in garlic mixture; cook for 1 minute, stirring constantly. Add 1½ cups water, tomato, and beer; bring to a boil. Reduce heat, and simmer 30 minutes, stirring occasionally. Stir in red pepper and chiles; simmer 15 minutes. Add pork to pan; simmer 15 minutes, stirring occasionally. Whisk together remaining ¼ cup water and flour in a small bowl. Whisk flour mixture and remaining ½ teaspoon salt into pork mixture. Bring to a boil; cook 1 minute, stirring constantly.

4. Cook noodles according to package directions, omitting salt and fat. Combine noodles and butter in a medium bowl, stirring until butter melts. Place noodles in shallow bowls; spoon pork mixture over noodles. Top with sour cream. Garnish with chopped parsley, if desired.

SERVES 4 (serving size: 1 cup noodles, 1 cup pork mixture, and 2 tsp. sour cream) **CALORIES** 477; **FAT** 11g (sat 5g, unsat 3g); **PROTEIN** 35g, **CARB** 56g **FIBER** 5g **SUGARS** 6g (added sugars 0g); **SODIUM** 619mg, **CALC** 7% DV; **POTASSIUM** 17% DV

CARAWAY SEEDS

From a plant in the carrot family, caraway "seeds" (actually the dried fruit of the plant) have an earthy, sweet anise aroma that helps to flavor everything from Eastern European rye breads to North African spice blends. The taste pairs well with cabbage so caraway often shows up in sauerkraut and cabbage soups. If you don't have it, use dill seeds, anise seeds, and/or fennel seeds for a similar aroma.

NORTH & CENTRAL AMERICA

The cuisines of North and Central America are a fusion of European, Asian, and African influences characterized by simple ingredients and diverse preparation methods. From Mexico and Guatemala to the islands of the Caribbean, geographic and social differences determine the types of food in the countries of this vast region. Corn is a common denominator in many of the dishes, and some other staple ingredients include rice, beans, peppers, onions, and plantains.

OAXACAN-STYLE GRILLED CORN ON THE COB
p. 74

POTATO, POBLANO, AND CHORIZO TACOS
p. 81

Flavors of North & Central America

CHILES Chile peppers originated in Mexico and Central America, and they give a burst of flavor to what might otherwise be bland food. Some of the more common fresh peppers are jalapeños, poblanos, serranos, and habaneros. Popular dried chiles include anchos, guajillos, chipotles, and mulattos.

CHOCOLATE The Aztecs considered chocolate the food of the gods, and Mexicans and Central Americans still have a worshipful love of its rich, matchless taste.

MEXICAN OREGANO Fragrant leaves of a plant in the verbena family; the aroma is closer to savory than to the marjoram-like scent of oregano in the mint family.

AVOCADOS Another food with origins in Central America, the fruit of the avocado tree is especially popular in Mexico, where it is used as a garnish for dishes or pounded into guacamole.

LIMES Mexican or Key limes are smaller, more tart, bitter, and aromatically complex.

SWEET CORN While fresh corn is enjoyed grilled on the cob, steamed in tamales de elote and as coblets simmered in steaming caldos, corn is most commonly turned into masa, a corn dough that is the foundation for tortillas, tamales, pupusas, and sopes.

RICE After corn, the second most common grain-based food in Mexico and Central America is rice.

Oaxacan-Style Grilled Corn on the Cob

HANDS-ON 25 MIN **TOTAL** 25 MIN

In the United States, it is common for people to slather butter and salt on fresh corn. In Mexico, sour cream, chili, and lime are the preferred seasonings. Known as elotes, the fresh cobs are usually cooked in the husk then shucked to create a husk handle. Here, the shucked corn is grilled directly over a flame for extra smoky flavor. Look for Mexican sour cream in your supermarket's dairy section. It's slightly tangier than American sour cream.

- **1½ Tbsp. queso fresco**
- **1¼ tsp. chili powder**
- **3 Tbsp. Mexican crema or sour cream**
- **½ tsp. kosher salt**
- **⅛ tsp. cayenne pepper**
- **4 ears corn, shucked**
- **4 lime wedges**

1. Preheat grill to medium (350°F to 400°F).

2. Stir together queso fresco, chili powder, crema, salt, and pepper in a small bowl.

3. Place corn on grate. Cover and grill 8 minutes or until lightly charred, turning occasionally. Place corn on a serving plate; drizzle with crema mixture. Serve with lime wedges.

SERVES 4 (serving size: 1 corn cob and 1 lime wedge) **CALORIES** 123, **FAT** 4g (sat 1g, unsat 1g); **PROTEIN** 4g; **CARB** 22g, **FIBER** 3g, **SUGARS** 7g (added sugars 0g); **SODIUM** 337mg; **CALC** 2% DV; **POTASSIUM** 6% DV

Pupusa Casserole

HANDS-ON 33 MIN **TOTAL** 1 HR. 8 MIN

Similar to Colombian arepas and Mexican gorditas, Salvadoran pupusas are thick corn tortillas stuffed with cheese, meat, or beans (or all three). Filling the fresh dough and then shaping and cooking each pupusa takes a bit of time. This recipe streamlines the process by making one big pupusa in a baking dish with a top and bottom crust of masa dough. Before serving, top the casserole with cilantro microgreens, if desired.

FILLING

- **2 cups nopalitos (about 6 chopped nopales, cactus paddles)**
- **2 (4-oz.) boneless, skinless chicken breast halves**
- **½ tsp. salt**
- **½ tsp. ground cumin**
- **¼ tsp. freshly ground black pepper**

Cooking spray

- **¾ cup finely chopped onion**
- **2 garlic cloves, minced**
- **4 oz. shredded Monterey Jack cheese with jalapeño chiles (about 1 cup), divided**

DOUGH

- **2¼ cups masa harina (7.7 oz.)**
- **1 cup water**
- **1 tsp. salt**

1. Preheat oven to 375°F.

2. Prepare the filling: Cook nopalitos in boiling water 10 minutes. Drain.

3. Sprinkle chicken with ½ teaspoon salt, cumin, and pepper. Heat a medium skillet over medium. Spray pan with cooking spray. Add chicken; cook 4 minutes on each side or until done. Remove chicken from pan; cool slightly, and shred with 2 forks.

4. Heat pan over medium. Add onion and garlic; cook, stirring frequently, 4 minutes or until tender. Stir in nopalitos, chicken, and ⅓ cup cheese. Cook 5 minutes or until thoroughly heated.

5. Prepare the dough: Weigh or lightly spoon masa harina in dry measuring cups; level with a knife. Combine masa harina, water, and 1 teaspoon salt in a bowl. Turn dough out onto a lightly floured surface; knead lightly. Press one-third of dough into an 11- x 7–inch baking dish sprayed with cooking spray. Spread filling over dough. Gently press remaining dough into a 4-inch square on heavy-duty plastic wrap. Cover with additional plastic wrap. Roll, still covered, into an 11- x 7–inch rectangle. Remove bottom sheet of plastic wrap; fit dough over filling. Remove top sheet of plastic wrap. Bake in preheated oven for 20 minutes. Sprinkle with ⅓ cup cheese. Bake an additional 5 minutes or until cheese melts.

SERVES 8 (serving size: ⅛ of casserole) **CALORIES** 209, **FAT** 6g (sat 3g, unsat 1g); **PROTEIN** 12g **CARB** 26g, **FIBER** 2g **SUGARS** 2g (added sugars 0g); **SODIUM** 567mg **CALC** 18% DV; **POTASSIUM** 6% DV

PUPUSA CASSEROLE

Cilantro and culantro are two aromatic herbs often confused due to their similar names and bright green color. While they belong to the same family and share some flavor profiles, they are distinct plants with their own characteristics. Cilantro leaves are small and feathery, resembling flat-leaf parsley. They are delicate and best used in fresh preparations like pico de gallo and guacamole which require little cooking so that the soft leaves remain bright in color. Culantro leaves are elongated and lance-shaped with serrated edges. Since they have a more robust texture and feel more substantial, they can stand up to cooking. They offer a stronger, more pungent taste, similar to a blend of parsley, cilantro, with a hint of citrus.

Mashed Plantains and Bacon with Stewed Chicken (Mofongo de Pollo Guisado)

HANDS-ON 55 MIN **TOTAL** 2 HR

With origins in West African fufu, Puerto Rican mofongo is a starchy dish of boiled and mashed plantains mixed with garlic and pork cracklings. It's typically served with stew and sometimes hollowed out and stuffed to create an edible bowl (mofongo relleno). This mofongo includes bits of bacon and is shaped into patties and pan-fried. The chicken ladled over the top has a thick consistency somewhere between roast chicken and asopao, the classic soupy Puerto Rican stew.

FILLING

- **1 Tbsp. olive oil, divided**
- **5 lb. boneless, skinless chicken breasts, cut into bite-size pieces**
- **1 cup chopped onion**
- **¼ cup minced fresh cilantro**
- **¼ cup minced fresh culantro**
- **1 tsp. salt**
- **3 garlic cloves, minced**
- **1 (15-oz.) can tomato sauce**

MOFONGO

- **6 green plantains (about 3 lb.), peeled and cut into 1-in. pieces**
- **2 tsp. salt, divided**
- **6 bacon slices, cooked and crumbled (drained)**
- **3 garlic cloves, minced**
- **¾ cup fat-free, lower-sodium chicken broth**
- **6 Tbsp. olive oil, divided**

1. Prepare the chicken: Heat a large Dutch oven over medium-high. Add 1½ teaspoons oil to pan; swirl to coat. Add half of chicken; cook, stirring frequently, 8 minutes or until browned. Remove chicken from pan. Repeat procedure with 1½ teaspoons oil and remaining chicken. Return chicken to pan; stir in onion, cilantro, culantro, salt, garlic, and tomato sauce. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until chicken is done. Keep warm.

2. Prepare the mofongo: Place plantains and ½ teaspoon salt in a large Dutch oven. Cover with water to 1 inch above plantains; stir to dissolve salt. Let stand 20 minutes. Drain plantains, and return to pan. Cover plantains with water to 1 inch above plantains. Bring to a boil over high. Reduce heat, and simmer 20 minutes or until tender. Drain plantains; return to pan. Mash plantains with a potato masher. Stir in 1½ teaspoons salt, bacon, garlic, and broth. Shape plantain mixture into 24 (½-inch-thick) patties.

3. Heat a large nonstick skillet over medium-high. Add 2 tablespoons oil to pan; swirl to coat. Add 8 patties; cook 3 minutes on each side or until browned. Repeat procedure twice with remaining patties and oil. Serve chicken mixture over patties.

SERVES 12 (serving size: 2 patties and ⅓ cup chicken mixture) **CALORIES** 468; **FAT** 15g (sat 3g, unsat 10g); **PROTEIN** 46g; **CARB** 40g; **FIBER** 3g; **SUGARS** 19g (added sugars 0g); **SODIUM** 929mg; **CALC** 2% DV; **POTASSIUM** 29% DV

Chicken Asopao (Asopao de Pollo)

HANDS-ON 22 MIN **TOTAL** 47 MIN.

Asopao lies somewhere between soup and paella and has as many variations. It's an easy, filling, one-pot meal. Two key flavor elements are annatto oil and sofrito, a sauté of onions, garlic, and peppers similar to the French mirepoix.

- **1 tsp. dried oregano**
- **¼ tsp. salt**
- **¼ tsp. freshly ground black pepper**
- **2 garlic cloves, minced**
- **10 (3-oz.) boneless, skinless chicken thighs**
- **2 Tbsp. annatto oil or olive oil**
- **1½ cups Sofrito (right)**
- **¾ cup diced plum tomato**
- **1½ cups uncooked medium-grain rice**
- **⅔ cup dry white wine**
- **½ cup diced lean ham (about 2 oz.)**
- **1 (4.4-oz.) bottle alcaparrado (such as Goya), drained, or ¾ cup pitted green olives and ¼ cup capers**
- **4 cups water**
- **1 (15.75-oz.) can low-sodium chicken broth**
- **1 cup frozen green peas, thawed**

1. Stir together oregano, salt, pepper, and garlic in a small bowl. Sprinkle chicken with oregano mixture.

2. Heat a large nonstick skillet over medium-high. Add oil to pan; swirl to coat. Add chicken; cook 8 minutes, turning once. Reduce heat to medium. Add Sofrito and tomato; cook 3 minutes, stirring frequently. Add rice, wine, ham, and alcaparrado; cook 1 minute, stirring constantly. Add 4 cups water and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Stir in peas, and cook 5 minutes or until rice is tender.

SERVES 6 (serving size: 2 thighs and 1¾ cups rice mixture) **CALORIES** 616; **FAT** 19g (sat 3g, unsat 14g); **PROTEIN** 36g; **CARB** 69g; **FIBER** 4g; **SUGARS** 7g (added sugars 0g); **SODIUM** 1,013mg; **CALC** 6% DV; **POTASSIUM** 16% DV

Sofrito

HANDS-ON 12 MIN **TOTAL** 12 MIN

- **2 Tbsp. annatto oil or olive oil**
- **3 cups finely chopped onion**
- **3 cups finely chopped red and green bell peppers (1½ cups each)**
- **4 garlic cloves, minced**
- **½ cup chopped fresh cilantro**
- **1 Tbsp. tomato paste**
- **¼ tsp. salt**
- **¼ tsp. freshly ground black pepper**

Heat a large nonstick skillet over medium-high. Add oil to pan; swirl to coat. Add onion; cook 1 minute, stirring constantly. Add bell peppers and garlic. Cook 10 minutes, stirring frequently. Stir in cilantro, tomato paste, salt, and pepper.

SERVES 12 (serving size: ¼ cup) **CALORIES** 50; **FAT** 2g (sat 0g, unsat 2g); **PROTEIN** 1g; **CARB** 7g; **FIBER** 1g; **SUGARS** 3g (added sugars 0g); **SODIUM** 54mg; **CALC** 1% DV; **POTASSIUM** 3% DV

ANNATTO SEEDS AND OIL

Also known as achiote, annatto is a natural orange food coloring of South and Central America. The pebbly reddish seeds come from a tropical tree, and, in Mexico, are often soaked in water and ground to a paste with garlic and spices to make achiote paste. In South America, the seeds are more often heated in oil to extract their rich orange-red hue and earthy, musky aromas.

To make annatto oil, combine 1 part annatto seeds and 2 parts oil in a small saucepan; cook over low for 8 to 10 minutes or until the oil turns a deep orange color. Remove from the heat, and let stand 10 minutes. Remove and discard the seeds with a slotted spoon.

Chipotle Pork Tamales with Cilantro-Lime Crema

HANDS-ON 1 HR. **TOTAL** 5 HR. 45 MIN

There's no getting around it. Tamales take time. The bold pork filling here—scented with orange zest, chocolate, and coffee—braises in the oven mostly unattended. That's the easy part. But shaping each mound of masa dough, stuffing it, and rolling it in a corn husk is like wrapping presents. So get everyone to pitch in, and you can chat while completing the simple tasks together. And these tamales can become actual presents. You can cool and freeze the cooked tamales and give them as gifts. Just seal the cooked tamales—corn husks and all—in airtight containers, tie with decorative ribbon, and freeze for up to 3 months. To reheat, simply steam the frozen tamales over simmering water until heated through.

CREMA

- **3 Tbsp. chopped fresh cilantro**
- **2 Tbsp. unsalted chicken stock**
- **1 Tbsp. fresh lime juice**
- **¼ tsp. salt**
- **1 large garlic clove, minced**
- **1 (8-oz.) container light sour cream**

FILLING

- **1 Tbsp. olive oil**
- **1 (3-lb.) pork shoulder roast (Boston butt), trimmed**
- **½ tsp. kosher salt**
- **1 cup chopped onion**
- **9 garlic cloves, crushed**
- **1 tsp. cumin seeds, toasted**
- **6 chipotle chiles, canned in adobo sauce, chopped**
- **1 cup unsalted chicken stock**
- **1 tsp. orange zest**
- **1 tsp. unsweetened cocoa powder**
- **¼ tsp. ground coffee**

MASA

- **2½ cups unsalted chicken stock**
- **2 ancho chiles**
- **1 cup fresh corn kernels**
- **4 cups instant masa harina**
- **1¼ tsp. salt**
- **1½ tsp. baking powder**
- **½ cup chilled lard**

WRAPPERS

- **Dried corn husks**

1. Prepare the crema: Combine cilantro, stock, lime juice, salt, garlic, and sour cream; chill.

2. Preheat oven to 300°F.

3. Prepare the filling: Heat a Dutch oven over medium-high. Add oil to pan; swirl to coat. Sprinkle pork evenly with ½ teaspoon salt. Add pork to pan; cook 10 minutes, turning to brown on all sides. Remove pork from pan. Add onion and garlic to pan, and cook, stirring constantly, 3 minutes. Stir in cumin and chipotle chiles; cook 1 minute. Stir in 1 cup stock, zest, cocoa powder, and coffee; bring to a boil. Return pork to pan; cover. Bake in preheated oven for 3 hours or until pork is fork-tender. Remove pork from pan, and let stand 10 minutes. Shred pork. Return pork to the sauce.

4. Prepare the tamales: Immerse corn husks in water; weight with a plate. Soak 30 minutes, and drain.

5. Increase oven temperature to 450°F.

6. Prepare the masa: Combine 2½ cups stock and ancho chiles in a microwave-safe bowl. Microwave at HIGH 2 minutes or until chiles are tender; cool slightly. Remove stems from chiles. Place hot stock, chiles, and corn in a blender; process until smooth. Whisk together masa harina, 1¼ teaspoons salt, and baking powder in a large bowl. Cut in lard with a pastry blender or two knives until mixture resembles coarse meal. Add ancho mixture to masa mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface; knead dough until smooth and pliable. (If dough is crumbly, add water, 1 tablespoon at a time, until moist.)

7. Working with 1 husk at a time (or overlap 2 small husks), place about 3 tablespoons masa mixture in the center of husk, about 1 inch from top of husk; press dough into a 4- x 3-inch-wide rectangle. Spoon about 1 heaping tablespoon pork mixture down one side of dough. Using the corn husk as your guide, fold husk over tamale, being sure to cover filling with dough. Use husk to seal dough around filling. Tear 3 or 4 corn husks lengthwise into strips; tie ends of tamale with strips. Place tamale, seam side down, on the rack of a broiler pan lined with a damp towel. Repeat procedure with remaining husks, masa mixture, and pork mixture. Cover tamales with a damp towel. Pour 2 cups hot water in the bottom of a broiler pan; top with rack.

8. Steam tamales at 450°F for 25 minutes. Remove and rewet top towel, and add 1 cup water to pan. Turn tamales over; top with cloth. Bake for 20 minutes or until set. Let tamales stand 10 minutes. Serve tamales with crema.

SERVES 14 (serving size: 2 tamales and about 2½ tsp. crema) **CALORIES** 395, **FAT** 17g (sat 6g, unsat 9g); **PROTEIN** 22g **CARB** 38g; **FIBER** 4g **SUGARS** 4g (added sugars 0g); **SODIUM** 524mg, **CALC** 8% DV; **POTASSIUM** 11% DV

JAMAICAN
JERK PORK
TENDERLOIN

Jamaican Jerk Pork Tenderloin

HANDS-ON 25 MIN. **TOTAL** 3 HR 25 MIN

According to Steven Raichlen, author of *The Barbecue! Bible* cookbook series, the name "jerk" stems from the cook's habit of giving the pork or chicken a poke or "jook" with a sharp implement to force the spices deeper into the meat.

- **2 cups coarsely chopped scallions**
- **½ cup coarsely chopped onion**
- **2 Tbsp. white vinegar**
- **1 Tbsp. lower-sodium soy sauce**
- **1 Tbsp. canola oil**
- **2 tsp. kosher salt**
- **2 tsp. chopped fresh thyme**
- **2 tsp. brown sugar**
- **2 tsp. chopped fresh ginger**
- **1 tsp. ground allspice**
- **¼ tsp. ground nutmeg**
- **¼ tsp. freshly ground black pepper**
- **⅛ tsp. ground cinnamon**
- **2 garlic cloves, minced**
- **1 to 4 Scotch bonnet or habanero peppers, seeded and chopped**
- **2 (1-lb.) pork tenderloins, trimmed**

1. Place scallions, onion, vinegar, soy sauce, canola oil, salt, thyme, brown sugar, ginger, allspice, nutmeg, black pepper, cinnamon, cloves, and peppers in a blender or food processor; process until smooth.

2. Place pork and scallion mixture in a dish or large ziplock plastic bag. Cover or seal, and marinate in refrigerator 3 to 24 hours. Remove pork from the dish or bag, and discard remaining marinade.

3. Prepare grill to medium-high (400°F to 450°F).

4. Place pork on oiled grates; grill 8 minutes on each side or until a meat thermometer registers 145°F (slightly pink).

SERVES 8 (serving size: about 4 oz. pork) **CALORIES** 166; **FAT** 4g (sat 1g, unsat 2g); **PROTEIN** 29g **CARB** 1g **FIBER** 0g **SUGARS** 0g (added sugars 0g); **SODIUM** 139mg; **CALC** 1% DV; **POTASSIUM** 10% DV

Potato, Poblano, and Chorizo Tacos

HANDS-ON 30 MIN. **TOTAL** 30 MIN

Fresh chorizo—spicy pork sausage flavored with cumin and garlic—is popular in Mexico. It goes with just about everything. Street vendors often chop it up with a hash of potatoes to make quick tacos. These speedy snacks also include mild poblano chiles and fresh corn kernels for a spicy-sweet flavor. If you can't get a hold of fresh chorizo, use spicy Italian pork sausage and add some ground cumin to the hash.

- **2 poblano chiles**
- **1 Tbsp. canola oil**
- **2 cups diced white potato**
- **1 cup chopped onion**
- **1 cup fresh corn kernels**
- **⅛ tsp. cayenne pepper**
- **5 garlic cloves, minced**
- **3 oz. Mexican raw chorizo, casings removed**
- **¾ cup unsalted chicken stock**
- **⅝ tsp. kosher salt**
- **8 (6-in.) corn tortillas**
- **¼ cup sliced scallions**
- **1 oz. Manchego cheese, shredded (about ¼ cup)**
- **8 lime wedges**

1. Preheat broiler.

2. Cut poblanos in half lengthwise; discard seeds and membranes. Place poblano halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 5 minutes. Peel; coarsely chop.

3. Heat a large nonstick skillet over medium-high. Add oil to pan; swirl to coat. Add potato; cook 5 minutes, stirring occasionally. Remove potato; place in a large bowl. Add onion to pan; cook 3 minutes. Add poblano, corn, cayenne pepper, and garlic; cook 2 minutes, stirring frequently. Add onion mixture to potato. Add chorizo to pan; cook 1½ minutes, stirring to crumble. Return potato mixture to pan. Stir in stock and salt; bring to a boil. Partially cover, reduce heat, and simmer 6 minutes or until potato is tender, chorizo is done, and liquid almost evaporates.

4. Working with 1 tortilla at a time, heat tortillas over medium-high directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Arrange about ⅓ cup potato mixture in center of each tortilla; top with 1½ teaspoons scallions and 1½ teaspoons cheese. Serve with lime wedges.

SERVES 4 (serving size: 2 tacos and 2 lime wedges) **CALORIES** 400; **FAT** 16g (sat 6g, unsat 10g); **PROTEIN** 13g; **CARB** 59g; **FIBER** 7g **SUGARS** 7g (added sugars 0g); **SODIUM** 453mg; **CALC** 16% DV; **POTASSIUM** 11% DV

"A freshly made corn tortilla is the most delicious thing on the planet," according to Rick Bayless, television host of *Mexico—One Plate at a Time*. A tortilla "becomes the canvas on which all of the other flavors are painted." Fresh tortillas are made from fresh masa, a paste made from nixtamalized field corn. You can also make corn tortillas from masa harina (dehydrated masa). And, of course, you can buy pre-made corn tortillas, also made from masa harina. Flour tortillas are the modern version of tortillas, developed after the Spanish colonizers brought wheat in the 1500s. To reheat corn (or flour) tortillas, toast them over a gas flame until soft and pliable, 15 seconds per side. Or wrap a stack of tortillas in foil and warm them in a 350°F oven for 15 minutes.

Toasted Guajillo and Pork Posole

HANDS-ON 32 MIN. **TOTAL** 2 HR. 32 MIN

Posole is both a type of dried corn and a stew made with it. Also known as hominy in the American South, the dried field corn is soaked in a strong alkali to remove the tough outer hull, and then it's cooked until soft and fluffy. Giant pots of posole stew have been made in Mexico for centuries. Corn and meat are usually the focus, but you can make a red posole by adding chiles like the guajillos and chipotles included here. Garnishes are traditional. Serve the stew with chopped onion, cilantro, sliced radish, and cabbage, and lime wedges for squeezing.

- **3 dried guajillo chiles**
- **1½ lb. pork shoulder, trimmed and cut into 2-in. pieces**
- **½ tsp. kosher salt**
- **¼ tsp. freshly ground black pepper**
- **1 Tbsp. canola oil**
- **3 cups fat-free, lower-sodium chicken broth**
- **3 cups water**
- **2 tsp. ground cumin**
- **¼ tsp. ground cloves**
- **3 garlic cloves, crushed**
- **1 medium onion, cut into 4 wedges**
- **1 (7-oz.) can chipotle chiles in adobo sauce**
- **1 (29-oz.) can hominy, rinsed and drained**

1. Preheat oven to 400°F.

2. Place chiles on a baking sheet; bake in preheated oven for 4 minutes or until dark. Cool; remove stems and seeds.

3. Sprinkle pork with salt and pepper. Heat a large Dutch oven over medium-high. Add oil to pan; swirl to coat. Add pork to pan; cook 5 minutes or until browned. Remove pork from pan. Wipe drippings from pan; return pork to pan. Add broth, water, cumin, cloves, garlic, and onion, scraping pan to loosen browned bits. Add guajillo chiles and 1 tablespoon adobo sauce; reserve remaining chipotle chiles and sauce for another use. Bring to a boil; cover, reduce heat, and simmer 2 hours or until pork is tender.

4. Remove chiles, onion, garlic, and 1 cup cooking liquid; place in a blender. Secure lid on blender, and remove center piece to allow steam to escape. Place a clean towel over opening. Process until smooth; return to pan. Stir in hominy; cook 10 minutes.

SERVES 6 (serving size: 1¼ cups) **CALORIES** 249; **FAT** 8g (sat 2g, unsat 5g); **PROTEIN** 25g; **CARB** 18g; **FIBER** 3g; **SUGARS** 3g (added sugars 0g); **SODIUM** 862mg; **CALC** 4% DV; **POTASSIUM** 11% DV

SOUTH AMERICA

While Spanish conquistadores sought gold in their explorations, they discovered an even greater treasure in the food: chocolate, vanilla, chiles, avocados, corn, tomatoes, potatoes, beans, and squash. They brought their stolen fortunes back to Europe, and many of these foods have since become staples around the globe.

ECUADORIAN POTATO AND CHEESE PATTIES (LLAPINGACHOS ECUATORIANOS)
p 86

Ecuadorian Potato and Cheese Patties (Llapingachos Ecuatorianos)

HANDS-ON 19 MIN **TOTAL** 1 HR 4 MIN

Originally from the Ecuadorian highlands, llapingachos have become popular all over the country. They're like thick potato pancakes stuffed with cheese and cooked in a hot pan until crisp and golden brown.

- **1¼ tsp. kosher salt, divided**
- **2 medium baking potatoes (about 1¼ lb.), peeled and quartered**
- **1½ oz. shredded queso fresco or Monterey Jack cheese (about 6 Tbsp.)**
- **2 Tbsp. minced scallions**
- **¼ tsp. freshly ground black pepper**
- **1 Tbsp. olive oil**
- **¾ cup diced tomato**
- **½ cup julienne-cut red onion**

1. Place 1½ teaspoons salt and potatoes in a saucepan, and cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender. Drain, and mash with a potato masher until smooth. Cool.

2. Add cheese, scallions, remaining ¼ teaspoon salt, and pepper to potato mixture, stirring well. Divide potato mixture into 6 balls (about ½ cup per ball). Flatten balls into ½-inch-thick patties (about 3-inch diameter). Place on a baking sheet; cover and refrigerate 20 minutes or until firm.

3. Heat a large nonstick skillet over medium. Add oil to pan; swirl to coat. Place patties in pan; cook 5 minutes or until bottoms are browned. Turn patties; cook 3 minutes. Top patties with tomato and red onion.

SERVES 6 (serving size: 1 patty, 2 Tbsp. tomato, and 4 tsp. red onion) **CALORIES** 109; **FAT** 3g (sat 1g, unsat 2g); **PROTEIN** 3g; **CARB** 18g; **FIBER** 2g; **SUGARS** 2g (added sugars 0g); **SODIUM** 335mg; **CALC** 3% DV; **POTASSIUM** 8% DV

Sweet Potato and Black Bean Empanadas

HANDS-ON 24 MIN **TOTAL** 2 HR 3 MIN

Often mislabeled as yams, the sugary, moist, orange-fleshed sweet potatoes popular in North America are not as common in South America. Most Latin American countries use camote, a pale-fleshed tuber that's a bit drier and less sweet with a subtle nutty flavor, but any type of sweet potato will do. These little hand pies make a great party dish. They can be served warm or at room temperature.

- **2 cups all-purpose flour (about 9 oz.)**
- **1¼ tsp. kosher salt, divided**
- **⅓ cup canola oil**
- **¼ cup cold water**
- **1 Tbsp. cider vinegar**
- **1 large egg, lightly beaten**
- **1 poblano chile**
- **1 Tbsp. cumin seeds**
- **1 cup mashed cooked sweet potatoes**
- **1 cup canned black beans, drained and rinsed**
- **⅓ cup chopped scallions**
- **2 Tbsp. chopped fresh cilantro**
- **1 tsp. ancho chile powder**
- **½ tsp. kosher salt**
- **1 egg white, lightly beaten**

Cooking spray

1. Weigh or lightly spoon flour into dry measuring cups, and level with a knife. Whisk together flour and ¾ teaspoon salt in a large bowl. Combine canola oil, ¼ cup water, vinegar, and egg in a medium bowl. Gradually add oil mixture to flour mixture, stirring just until moist. Knead lightly until smooth. Shape dough into a ball, and wrap in plastic wrap. Chill 1 hour.

2. Preheat broiler.

3. Place poblano on a foil-lined baking sheet; broil 8 minutes or until blackened, turning after 6 minutes. Place in a paper bag; close tightly. Let stand 15 minutes. Peel chile; cut in half lengthwise. Discard seeds and membranes. Finely chop.

4. Preheat oven to 400°F.

5. Cook cumin seeds in a large saucepan over medium 1 minute or until toasted, stirring constantly. Place cumin in a clean spice or coffee grinder; process until ground. Combine cumin, poblano, sweet potatoes, black beans, scallions, cilantro, chile powder, and remaining ½ teaspoon salt in a large bowl; mash with a fork until almost smooth.

6. Divide dough into 10 equal portions, shaping each into a ball. Roll each dough portion into a 5-inch circle on a lightly floured surface. Working with 1 portion at a time (cover remaining dough to keep from drying), spoon 3 level tablespoons poblano mixture into center of each circle. Moisten edges of dough with egg white; fold dough over filling. Press edges together to seal. Place empanadas on a large baking sheet sprayed with cooking spray. Cut 3 diagonal slits across top of each empanada. Bake in preheated oven for 16 minutes or until lightly browned.

SERVES 10 (serving size: 1 empanada) **CALORIES** 209; **FAT** 8g (sat 1g, unsat 7g); **PROTEIN** 5g; **CARB** 29g; **FIBER** 3g; **SUGARS** 2g (added sugars 0g); **SODIUM** 351mg; **CALC** 3% DV; **POTASSIUM** 3% DV

Flavors of South America

COFFEE Not a native plant, but South America produces about 45 percent of the world's coffee; it's primarily brewed into a beverage.

CINNAMON Known as canela in Mexico, Ceylon cinnamon is more complex, softer, and more easily ground than the cassia cinnamon sold in most U.S. markets.

CHILES Various fresh and dried chiles add heat and flavor; one of the most distinctive is Peruvian aji amarillo, a bright yellow, medium-hot chile.

OLIVES Brine-cured Spanish green olives or purple Peruvian alfonso olives are most popular; often combined with raisins in empanadas.

RAISINS Source of sweetness in empanada fillings, casseroles, and grain puddings.

CAPERS Pickled flower buds from a bush native to the Mediterranean; provides acidity; often combined with raisins and olives.

BEEF The bedrock of asado and churrasco, grilled meat cooked over an open fire in Argentina, Uruguay, Paraguay, Brazil, Chile, Peru, and Colombia.

AREPA FLOUR Made from dried field corn that's hulled and precooked; used to make arepas, the staple flatbreads of Colombia and Venezuela.

AVOCADO Added to salsas and used as a topping for rich flavor.

SWEET POTATOES Pale-fleshed, less sweet varieties called camote provide subtle nutty taste in stews and as an accompaniment to Peruvian ceviche.

Coconut milk is made from the flesh of mature coconuts and is thinned with water. Canned coconut milk often includes the thicker coconut cream, while carton versions are more diluted and may contain stabilizers.

BRAZILIAN FISH STEW (MOQUECA DE PEIXE)

Brazilian Fish Stew (Moqueca de Peixe)

HANDS-ON 36 MIN. **TOTAL** 1 HR. 19 MIN.

Northern Brazil's Bahia state enjoys the country's longest coastline and a tropical climate. It's no wonder seafood and coconuts show up in so many Bahian dishes. This signature stew is a shining example.

- ⅓ cup fresh lime juice
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 7 garlic cloves, minced, and divided
- 1 (1½-lb.) sea bass or halibut fillet, cut into ½-in. wide strips
- 1½ lb. large peeled, deveined raw shrimp
- 2 Tbsp. olive oil
- 2 cups finely chopped onion
- 1 cup finely chopped green bell pepper
- 1 cup finely chopped red bell pepper
- ¾ cup minced scallions
- 1 bay leaf
- 2 cups chopped tomato
- ½ cup minced fresh cilantro, divided
- 2 (8-oz.) bottles clam juice
- 1 (14½-oz.) can fat-free, lower-sodium chicken broth
- 1 cup light coconut milk
- ¼ tsp. cayenne pepper

1. Combine lime juice, salt, black pepper, 2 cloves garlic, sea bass, and shrimp in a large bowl; toss to coat. Marinate in refrigerator 30 minutes.

2. Heat a large Dutch oven over medium. Add oil to pan; swirl to coat. Add onion, bell peppers, scallions, remaining 5 garlic cloves, and bay leaf; cook 6 minutes, stirring occasionally. Increase heat to medium-high; add tomato, and cook 2 minutes. Add ¼ cup cilantro, clam juice, and broth. Bring to a boil; reduce heat, and simmer 10 minutes. Discard bay leaf.

3. Place one-third of vegetable mixture in a blender; puree until smooth. Pour pureed vegetable mixture into a large bowl. Repeat procedure with remaining vegetable mixture. Pour pureed vegetable mixture in pan. Add coconut milk and red pepper to pureed vegetable mixture. Bring to a boil over medium-high; cook 3 minutes. Add fish mixture; cook 3 minutes or until fish is done. Sprinkle with remaining ¼ cup cilantro.

SERVES 6 (serving size: 1¼ cups) **CALORIES** 318; **FAT** 10g (sat 3g, unsat 5g); **PROTEIN** 39g; **CARB** 15g; **FIBER** 3g; **SUGARS** 6g (added sugars 0g); **SODIUM** 752mg; **CALC** 13% DV; **POTASSIUM** 17% DV

Potato, Corn, and Chicken Stew (Ajiaco)

HANDS-ON 1 HR. 12 MIN. **TOTAL** 1 HR. 22 MIN.

This Colombian stew gets most of its creamy texture from potatoes. Cubed Yukon gold potatoes impart a golden color, while grated russets release their starch to provide a velvety mouthfeel without added cream. The stew usually includes fresh corncobs cut into wheels, but this version uses corn kernels to make the stew easier to eat.

- 1 Tbsp. olive oil, divided
- 12 bone-in, skinless chicken thighs (about 4 lb.)
- 3½ cups fat-free, lower-sodium chicken broth, divided
- 1½ cups fresh corn kernels, divided
- ½ cup chopped onion
- ½ cup thinly sliced carrot
- 1¼ cups water
- 1½ tsp. chopped fresh oregano
- 1 tsp. chopped fresh thyme
- 2½ cups finely shredded peeled baking potato
- 2½ cups cubed peeled Yukon gold or red potato
- ¼ cup chopped fresh cilantro
- 1 Tbsp. fresh lime juice
- ¼ tsp. salt
- ½ tsp. hot pepper sauce
- ¼ tsp. freshly ground black pepper
- ¾ cup cubed avocado
- 4½ tsp. capers

1. Heat a large Dutch oven over medium-high. Add 1½ teaspoons oil to pan; swirl to coat. Add half of chicken; cook 5 minutes, browning on all sides. Remove chicken from pan. Repeat procedure with remaining half of chicken. Remove from pan; discard drippings.

2. Place 1 cup broth and ⅓ cup corn in a food processor; process until corn is pureed.

3. Heat Dutch oven over medium-high. Add remaining 1½ teaspoons oil to pan; swirl to coat. Add onion and carrot; cook 2 minutes, stirring constantly. Stir in pureed corn mixture, remaining 2½ cups broth, remaining 1 cup corn, 1½ cups water, oregano, and thyme; bring to a simmer. Stir in baking potato. Return chicken thighs to pan; cover, reduce heat, and simmer 20 minutes, stirring frequently to keep potato from sticking to pan. Add Yukon gold potato; cover and simmer 25 minutes, stirring frequently. Remove chicken from pan; cool slightly.

4. Remove chicken from bones, discarding bones. Shred chicken into bite-size pieces. Return shredded chicken to pan. Stir in cilantro, lime juice, salt, pepper sauce, and black pepper; cook, uncovered, 5 minutes, stirring frequently. Ladle soup into bowls; top with avocado and capers.

SERVES 9 (serving size: 1½ cups soup, 4 tsp. avocado, and ½ tsp. capers) **CALORIES** 281; **FAT** 9g (sat 2g, unsat 6g); **PROTEIN** 28g; **CARB** 24g; **FIBER** 3g; **SUGARS** 3g (added sugars 0g); **SODIUM** 461mg; **CALC** 5% DV; **POTASSIUM** 13% DV

Brazilian Pork and Black Bean Stew (Feijoada)

HANDS-ON 47 MIN **TOTAL** 9 HR 47 MIN

Although it originated in Portugal, feijoada is Brazil's most famous stew. It's made by slowly cooking black beans and a mixture of fresh and cured meats in a thick clay pot. A slow cooker replicates the technique nicely. Here, the meats include pork shoulder, bacon, a smoked ham hock, and beef short ribs, all of which contribute layer upon layer of deep, savory flavor. You can serve with steamed rice if you want something to soak up the rich juices.

- **2 cups dried black beans**
- **4 applewood-smoked bacon slices**
- **1 (1-lb.) boneless pork shoulder (Boston butt), trimmed and cut into ½-in. cubes**
- **¾ tsp. salt, divided**
- **½ tsp. freshly ground black pepper, divided**
- **3 bone-in beef short ribs, trimmed (about 2 lb.)**
- **3 cups finely chopped onion**
- **1¼ cups fat-free, lower-sodium chicken broth**
- **4 garlic cloves, minced**
- **1 (9-oz.) smoked ham hock**
- **1 Tbsp. white vinegar**
- **Chopped fresh cilantro**
- **8 orange wedges**

1. Place beans in a small saucepan; cover with cold water. Bring to a boil; cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans.

2. Cook bacon in a large skillet over medium until crisp. Remove bacon from pan; crumble. Sprinkle pork evenly with ⅛ teaspoon salt and ¼ teaspoon pepper. Increase heat to medium-high. Add pork to drippings in skillet; cook 8 minutes, turning to brown on all sides. Transfer pork to a 6-quart slow cooker. Sprinkle ribs evenly with ⅛ teaspoon salt and remaining ¼ teaspoon pepper. Add ribs to skillet; cook 3 minutes on each side or until browned. Place ribs in slow-cooker. Add drained beans, remaining ½ teaspoon salt, onion, broth, garlic, and ham hock to slow cooker, stirring to combine. Cover and cook on LOW 8 hours or until beans and meat are tender.

3. Remove ribs from slow cooker; let stand 15 minutes. Remove meat from bones; shred meat with 2 forks. Discard bones. Discard ham hock. Return beef to slow cooker. Stir in vinegar and crumbled bacon. Garnish with cilantro, and serve with orange wedges.

SERVES 8 (serving size: about 1¼ cups meat mixture and 1 orange wedge) **CALORIES** 456; **FAT** 17g (sat 7g, unsat 8g); **PROTEIN** 39g; **CARB** 36g; **FIBER** 11g; **SUGARS** 10g (added sugars 0g); **SODIUM** 573mg; **CALC** 9% DV; **POTASSIUM** 27% DV

GLOBAL FLAVORS

PERUVIAN BEEF KEBABS (ANTICUCHOS) WITH ROASTED YELLOW PEPPER SAUCE

Peruvian Beef Kebabs (Anticuchos) with Roasted Yellow Pepper Sauce

HANDS-ON 17 MIN **TOTAL** 3 HR 53 MIN

Street vendors in Peru sell anticuchos (grilled meat skewers) made with beef hearts, but this version uses sirloin steak. Either way, the real star is ground aji amarillo, made from Peru's medium-hot, sunny-yellow chile pepper. It shows up in both the spice rub and the sauce for the beef, lending a subtle floral aroma and radiant yellow color. If you can't find ground aji amarillo, you can use aji amarillo paste.

- **1½ lb. boneless sirloin steak, trimmed and cut into ½-in. pieces**
- **3 Tbsp. red wine vinegar**
- **3 tsp. ground aji amarillo or hot paprika, divided**
- **1½ tsp. salt, divided**
- **1½ tsp. freshly ground black pepper, divided**
- **½ tsp. ground cumin**
- **¾ tsp. ground turmeric, divided**
- **3 Tbsp. chopped fresh flat-leaf parsley**
- **1 tsp. salt**
- **¼ tsp. ground turmeric**
- **Roasted Yellow Pepper Sauce (right)**

1. Combine beef, vinegar, 2 teaspoons aji amarillo, ½ teaspoon salt, 1 teaspoon black pepper, cumin, and ½ teaspoon turmeric in a large bowl; toss well. Cover and chill 3 hours.

2. Combine parsley, 1 teaspoon salt, 1 teaspoon aji amarillo, ½ teaspoon black pepper, and ¼ teaspoon turmeric in a small bowl.

3. Preheat grill to medium-high (400°F to 450°F).

4. Remove beef from bowl; thread beef evenly onto 6 (10-inch) skewers. Press rub onto beef. Place kebabs on oiled grates; grill 6 minutes or until desired degree of doneness, turning once. Serve kebabs with Roasted Yellow Pepper Sauce.

SERVES 6 (serving size: 3 oz. beef and about 2½ Tbsp. sauce) **CALORIES** 263, **FAT** 17g (sat 6g, unsat 8g); **PROTEIN** 24g, **CARB** 4g, **FIBER** 1g; **SUGARS** 1g (added sugars 0g); **SODIUM** 555mg, **CALC** 5% DV; **POTASSIUM** 10% DV

Roasted Yellow Pepper Sauce

HANDS-ON 6 MIN. **TOTAL** 36 MIN

- **1 large yellow bell pepper**
- **¼ cup finely chopped scallions**
- **2 Tbsp. white vinegar**
- **1 Tbsp. water**
- **1 Tbsp. olive oil**
- **1 Tbsp. fresh lemon juice**
- **1 tsp. ground cumin**
- **1 tsp. ground aji amarillo or hot paprika**
- **½ tsp. ground turmeric**
- **¼ tsp. salt**
- **¼ tsp. freshly ground black pepper**
- **1 garlic clove, minced**

1. Preheat broiler.

2. Cut bell pepper in half lengthwise, discarding seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and coarsely chop. Place bell pepper and remaining ingredients in a blender; process until smooth.

SERVES 8 (serving size: about 2 Tbsp.) **CALORIES** 26, **FAT** 2g (sat 0g, unsat 1g); **PROTEIN** 0g; **CARB** 2g; **FIBER** 1g; **SUGARS** 1g (added sugars 0g); **SODIUM** 2mg; **CALC** 1% DV; **POTASSIUM** 2% DV

Broiled Beef Tenderloin with Chilean Cilantro Sauce (Churrasco con Pebre)

HANDS-ON 27 MIN **TOTAL** 27 MIN

Churrasco means different things in different parts of Latin America: a particular cut of beef in Argentina, a general term for barbecue in Brazil, and a flat beef tenderloin in Nicaragua. For this dish, the beef steak is cut in the Nicaraguan style, seasoned with Salvadoran spices, and accented with pebre, Chile's spicy version of chimichurri. This version includes both crushed red pepper and black pepper. This recipe was contributed by Steven Raichlen, author of *The Barbecue! Bible* cookbook series and *Healthy Latin Cooking*.

- **Cooking spray**
- **4 cups sliced onion**
- **½ tsp. sugar**
- **1 (1½-lb.) center-cut beef tenderloin**
- **½ tsp. salt**
- **½ tsp. garlic powder**
- **½ tsp. dried oregano**
- **½ tsp. freshly ground black pepper**
- **¼ tsp. ground cumin**
- **Chilean Cilantro Sauce (below)**

1. Heat a large skillet over medium until hot. Spray pan with cooking spray. Add onion and sugar; cover and cook 10 minutes or until golden brown, stirring frequently. Keep warm.

2. Preheat broiler. Cut tenderloin lengthwise with the grain into 6 steaks. Place 1 steak between 2 sheets of heavy-duty plastic wrap; flatten to an even thickness using a meat mallet or rolling pin. Repeat procedure with remaining steaks. Combine salt, garlic powder, oregano, black pepper, and cumin. Rub salt mixture over both sides of steaks. Place steaks on a broiler pan sprayed with cooking spray. Broil 2 minutes on each side or until desired degree of doneness. Top each steak with onion mixture, and drizzle with the Chilean Cilantro Sauce.

SERVES 6 (serving size: 3 oz. steak, ½ cup onion mixture, and 1 Tbsp. sauce) **CALORIES** 230, **FAT** 10g (sat 3g, unsat 5g); **PROTEIN** 26g; **CARB** 9g, **FIBER** 2g; **SUGARS** 4g (added sugars 0g); **SODIUM** 349mg; **CALC** 5% DV; **POTASSIUM** 11% DV

Chilean Cilantro Sauce (Pebre)

HANDS-ON 5 MIN. **TOTAL** 5 MIN

- **⅔ cup organic vegetable broth**
- **½ cup minced fresh cilantro**
- **½ cup minced onion**
- **½ cup minced red bell pepper**
- **¼ cup white vinegar**
- **¼ cup extra-virgin olive oil**
- **1 tsp. salt**
- **1 tsp. dried oregano**
- **1 tsp. crushed red pepper**
- **½ tsp. freshly ground black pepper**
- **4 garlic cloves, minced**

Whisk together all ingredients until well blended. Store remaining sauce in an airtight container in the refrigerator for up to 2 weeks.

SERVES 32 (serving size: 1 Tbsp.) **CALORIES** 19, **FAT** 2g (sat 0g, unsat 2g); **PROTEIN** 0g; **CARB** 1g; **FIBER** 0g; **SUGARS** 0g (added sugars 0g); **SODIUM** 85mg; **CALC** 0% DV; **POTASSIUM** 0% DV

Argentinean Pork with Chimichurri

HANDS-ON 15 MIN. **TOTAL** 1 HR. 30 MIN.

Chimichurri is like a loose herb pesto spiked with vinegar. It probably originated in Spain, but has since become the preferred table condiment for grilled beef in Argentina and Uruguay. For the herbs, parsley is traditional, but many cooks use cilantro. This recipe uses both, along with ground cumin and red pepper flakes. The dish comes together quickly, but you can get a jump on things by making the chimichurri ahead of time and keeping it refrigerated for a few days. Hold off on adding the vinegar until just before serving to avoid discoloring the fresh herbs.

- 6 Tbsp. olive oil, divided
- 1 cup fresh parsley leaves, divided
- ½ cup fresh cilantro leaves, divided
- ½ tsp. ground cumin
- ¼ tsp. crushed red pepper
- 1 (1-lb.) pork tenderloin, trimmed
- ¾ tsp. kosher salt, divided
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. fresh oregano leaves
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. sherry vinegar
- 2 garlic cloves, chopped
- 1 shallot, chopped

1. Combine 2 tablespoons oil, ¼ cup parsley, ½ cup cilantro, cumin, and red pepper in a shallow dish. Add pork. Cover with plastic wrap, and refrigerate 1 hour, turning once.

2. Preheat grill to medium-high (400°F to 450°F).

3. Sprinkle pork with ½ teaspoon salt and black pepper. Place pork on an oiled grill rack and grill 8 minutes. Turn pork over, and grill 7 minutes or until a thermometer registers 145°F. Remove pork from grill. Let stand 5 minutes. Slice pork crosswise.

4. Place remaining ¾ cup parsley, ½ cup cilantro, ¼ teaspoon salt, oregano, lemon juice, vinegar, garlic, and shallot in a food processor; pulse 10 times. Drizzle remaining ¼ cup olive oil through food chute with food processor on. Serve with pork.

SERVES 4 (serving size: 3 oz. pork and 2 Tbsp. sauce) **CALORIES** 319; **FAT** 23g (sat 4g, unsat 18g); **PROTEIN** 25g; **CARB** 3g; **FIBER** 1g; **SUGARS** 1g (added sugars 0g); **SODIUM** 431mg; **CALC** 4% DV; **POTASSIUM** 12% DV

RECIPE INDEX

Cooking Light GLOBAL FLAVORS

APPETIZERS & SNACKS

44 Baba Ghanoush
86 Ecuadorian Potato and Cheese Patties
14 Fresh Spring Rolls
11 Roasted Chickpea Snack Mix
56 Spanakopitas
11 Spicy Dark Chocolate and Tahini Bark
56 Stuffed Grape Leaves
86 Sweet Potato and Black Bean Empanadas
18 Vegetable Samosas with Mint Chutney

BEEF

68 Beef Bourguignon with Egg Noodles
41 Beef Satay with Peanut Dipping Sauce
93 Broiled Beef Tenderloin with Chilean Cilantro Sauce
47 Cape Malay Curry
67 English Cottage Pie
14 Korean-Style Beef Tacos
34 Masaman Curry
93 Peruvian Beef Kebabs with Roasted Yellow Pepper Sauce
71 Polish Cabbage Rolls

FISH & SHELLFISH

47 Fish in Coconut Curry
37 Lemongrass Shrimp over Rice Vermicelli and Vegetables
64 Paella with Poblanos, Corn, and Clams
37 Vietnamese Salt and Pepper Shrimp Noodle Bowl

LAMB

67 Cassoulet
51 Lamb and Chickpea Tagine
51 Quick Lamb Kofta with Harissa Yogurt Sauce

PORK

94 Argentinean Pork with Chimichurri
78 Chipotle Pork Tamales with Cilantro-Lime Crema
71 Hungarian Goulash
81 Jamaican Jerk Pork Tenderloin
81 Potato, Poblano, and Chorizo Tacos
17 Spicy Korean Pork Barbecue

POULTRY

38 Adobo Chicken
67 Cassoulet
59 Champagne–Browned Butter Chicken
77 Chicken Asopao
38 Chicken Larb
22 Chicken Tikka Masala
60 Classic Light Lasagna
30 Classic Pad Thai
52 East African Braised Chicken
25 Indian Cashew Chicken
34 Indonesian Stir-Fried Noodles
63 Lemony Chicken Saltimbocca
77 Mashed Plantains and Bacon with Stewed Chicken
25 Miso Chicken
71 Polish Cabbage Rolls
74 Pupusa Casserole
52 Senegalese Lemon Chicken
22 Tandoori Grilled Chicken with Mint Raita

SALADS

10 Aleppo-Spiced Meatball Salad
59 Seared Tuna Niçoise

SAUCES & CONDIMENTS

60 Basic Pizza Sauce
93 Chilean Cilantro Sauce
41 Peanut Dipping Sauce
14 Quick Pickled Cabbage
44 Ras el Hanout
17 Raw Summer Kimchi
93 Roasted Yellow Pepper Sauce
77 Sofrito

SOUPS & STEWS

68 Beef and Guinness Stew
89 Brazilian Fish Stew
90 Brazilian Pork and Black Bean Stew
33 Chicken Coconut Soup
44 Moroccan Pumpkin Soup
89 Potato, Corn, and Chicken Stew
48 Spicy Red Lentil Stew
82 Toasted Guajillo and Pork Posole
33 Turkey Pho
26 Udon Noodle Bowl

VEGETABLES & MEATLESS MAIN DISHES

21 Bibimbap
48 Falafel-Stuffed Eggplant with Tahini Sauce and Tomato Relish
18 Fall Vegetable Curry
30 Lemongrass Tofu Banh Mi
26 Lo Mein with Tofu
74 Oaxacan-Style Grilled Corn on the Cob
60 Pizza Margherita
63 Risotto with Porcini Mushrooms and Mascarpone
21 Spicy Red Lentil Dal with Naan
56 Vegetarian Moussaka

Cooking Light® (ISSN 0886-4446) *Global Flavors*, June (Summer), 2025. Volume 38, No.2. *Cooking Light* is published quarterly by Meredith Operations Corp., 1716 Locust St., Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription price: $20 per year in the U.S. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to *Cooking Light*, P.O. Box 37508, Boone, IA 50037-0508. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless corrected delivery information is received within two years.

© Meredith Operations Corp. 2025. All rights reserved. Printed in the U.S.A.

ADVERTISEMENT

FOOD & WINE CLASSIC
CHARLESTON

PRESENTED BY

Explore Charleston

FOOD & WINE ✦ TRAVEL + LEISURE ✦ Southern Living

Join Us
November 14–16, 2025

Experience the warm hospitality of the Lowcountry at the **Food & Wine Classic in Charleston,** a three-day event featuring culinary icons, world-renowned wine and spirits, and the best of local food and culture.

Tickets on Sale May 15, 2025
For more information, visit
foodandwineclassicincharleston.com

POWERED BY CHARLESTON RESTAURANT FOUNDATION

BAHAMA BLISS

A scent escape
that starts in your home

Certain trademarks used under license from The Procter & Gamble Company or its affiliates. *vs Glad 13gal ForceFlex Bag